

FEBRUARY

10 CENTS

SUGGESTION

THE NEW PSYCHOLOGY MAGAZINE FOR THINKERS

Psychic Research

Auto-Suggestion

Suggestive Therapeutics

Drugless Healing

Nature Cure

Personal Magnetism

Thought Power

Health

Happiness

Success

Published Monthly at 4020 Drexel Boulevard, Chicago

BULL DOG

50¢



TRADE
MARK

SUSPENDERS

BEST FOR COMFORT, WEAR AND ECONOMY
FOR EVERY PURPOSE, FOR MAN AND YOUTH

Guaranteed to Outwear Three
of the Ordinary Kind

BULL DOG SUSPENDERS

Not a Harness—Do Not Twist or Tangle—Cannot
Grow Stiff, Bind, Catch or Sag—Will Not Sell Linen.
Are the Standard of True Suspender Economy

Contain more and better rubber and greater elasticity than
any other suspender; have non-rusting, silver-nickel metal
parts and imported, unbreakable Bull Dog Leather Ends,
insuring ease and action, longer wear, and better and more
uniform trouser support. They give absolute satisfaction
that cannot be had in any other make of suspenders.

In light weight lisses or heavy weight twills for man
or youth (extra lengths at no extra cost). If they
don't prove the Best 50 Cent investment you ever
made you can have your money back by asking for it.

*If your dealer won't supply you, we will, postpaid.
There is no substitute for the Bull Dog*

HEWES & POTTER

Largest Suspender and Belt Makers in the World
DEPT. 44, 87 LINCOLN ST., BOSTON, MASS.

Valuable Booklet, "CORRECT DRESS & SUSPENDER STYLES," free on request



When writing to advertisers please mention SUGGESTION.

Our Platform

SUGGESTION is a magazine of the New Psychology for thinkers. It is in its eighth year. It stands for a rational system of living based on natural laws in which the physical, mental and psychological elements are duly considered.

This magazine teaches that every ill—political, industrial, social, physical, mental and psychological—can be remedied by the proper application of natural laws; that nature will cure all diseases without drugs when given an opportunity; that nature designed every sentient being to enjoy a happy existence; that the laws of this universe are adequate for all conditions and all emergencies, and if permitted to act naturally, universal peace, good will, prosperity, and health would result; that facts are the result of unyielding law; that supernormal agencies do not influence or determine any earthly event; that the human intellect and will is unsalable and unchained; that the power of thought is the most potent force; that creation today is a thought externalized, and that thought rightly applied will solve any problem that now confronts the human mind.

Among many subjects of interest to thinkers discussed in SUGGESTION from a scientific standpoint may be mentioned the following:

PSYCHIC RESEARCH.

DRUGLESS METHODS OF HEALING.

NATURE CURE.

SUGGESTIVE THERAPEUTICS (psychotherapy).

PERSONAL MAGNETISM.

ADVANCED THOUGHT.

RATIONAL HYGIENE.

POWER OF THOUGHT.

MEMORY TRAINING.

FORMATION OF CHARACTER.

AUTO-SUGGESTION.

LAW OF MENTAL SUGGESTION.

PRACTICAL PSYCHOLOGY.

BUSINESS PHILOSOPHY.

PSYCHOLOGY OF CHILDHOOD.

ANIMAL PSYCHOLOGY.

DEVELOPMENT OF THE WILL.

PHYSICAL CULTURE.

HEALTH, HAPPINESS AND SUCCESS.

ALL INTERESTED in the above declarations of principles are invited to cooperate with the editor in extending the sphere of usefulness of the magazine. Send names of thinkers and requests for sample copies to 4020 Drexel boulevard, Chicago.

"GET RESULTS"
ANTI-NEURALGIA
TABLETS
(OPPOSED TO PAIN)
THINK IT OVER
THAT'S ALL

When writing to advertisers please mention SUGGESTION.

A Fine Investment ---An Income For Life

WOULD you like to invest some money in a safe, permanent, agricultural and real-estate, co-operative proposition which will pay good, early dividends and increase the dividends annually till a moderate investment made now will yield a handsome income for life?

THE MOTZORONGO COMPANY,

owners of 165,000 acres of finest tropical lands, with over \$500,000 worth of permanent improvements on them, offers you such an investment.

The company has just installed a new sugar plant, one of the largest in the republic. It will handle 750 tons of sugar cane per day, and is equipped with locomotives, cane cars, etc., to bring the sugar cane from the fields to the mill. This mill is paid for and installed NOW, and in a few weeks will be turning out large quantities of sugar at a big profit.

Some time ago Motzorongo stock was taken off the market, but it has been decided to sell another limited amount of treasury stock to raise money for certain specific requirements. When this block is sold there will be no more stock offered for sale at any price. If you are looking for an investment that will bring you

100 PER CENT. PER MONTH,

or even 1 per cent per week, you will not find it in Motzorongo. But if you are looking for a solid, safe, permanent investment that will shortly be paying fair dividends, which will increase steadily every year, you should learn all about the Motzorongo Company. Its real estate holdings alone (over 250 square miles) are worth more than its total capitalization and the value of these lands is increasing daily. Does this not look pretty good to start with? It is a guarantee that your principal is safe. But besides the real estate, it owns a fine new sugar mill, stores, machine and blacksmith shops, plantation railroad with locomotives and cars, 100 houses, cattle, horses, mules, farm implements, etc., etc. It has nearly 1,000 acres planted to sugar cane, besides such crops as coffee, corn, bananas, pineapples, oranges, lemons, etc. The Vera Cruz & Pacific Railway runs through the plantation for thirteen miles and maintains two stations on Motzorongo property. It is a live proposition NOW.

There is much more to tell you and show you, but we will tell you all about it in our illustrated prospectus, if you will send your name and address to The Motzorongo Company, 228 Reaper Block, Chicago, Ill.

NOTE.—The Editor of SUGGESTION has spent nearly one year on the Motzorongo estate. Write to him for his opinion.

SUGGESTION

A Magazine of the New Psychology

"Man's whole education is the result of Suggestion"

SUGGESTION PUBLISHING CO., 4020 Drexel Blvd.

VOL. XVI.

CHICAGO, FEBRUARY 1, 1906.

No. 2

Disastrous Newspaper Suggestions

By Herbert A. Parkyn, M. D., C. M., Med. Supt. the Chicago School of Psychology.

The greatest vehicle we have at the present time for disseminating ideas among the masses is the daily newspaper. In other words, the daily newspaper is the greatest and most powerful suggestionist in existence. It is used to spread political ideas, and a man's political ideas usually conform to the politics professed by the daily paper he reads most, and the arguments he advances to support his political convictions are generally the arguments he has gathered from reading his daily paper, even when the politics of the editor are prompted by selfish motives, unknown to his readers.

The daily newspaper is the great moulder of public opinion, the great educator of the masses and the great builder of ideals; it is the greatest power for good or for evil that exists under present social conditions. The opinions expressed by the daily press can overthrow a government or arouse a nation in a day to the highest pitch of patriotism.

The power of the press is appalling, and, if it were used to place noble ideals, questions of health, national problems, etc., before the masses in an honest, unselfish, truthful way, it could bring the millennium to us in a single generation.

Take up your daily paper today and see how many columns in

it are devoted to subjects which will benefit or uplift the race. How much of your paper will be devoted to serious national problems, to charity, to education, to health, or to the great self sacrifices men and women are making here and there to uplift humanity? Count and see how many columns of this nature you can find—columns which you would like your children to read for the educational benefit they would receive, or the exemplary, unselfish lines they might be encouraged to imitate.

I venture to say that, for every column of reading matter that is instructive, or uplifting, or beneficial, you will find a dozen or more columns devoted to revolting details of murders, suicides, hold-ups, robberies, assaults, violent deaths, confidence games, divorce suits, horse racing, prize fighting, gambling, police court records, graft, realistic photographs showing how murders and hold-ups are committed, etc., etc., ad nauseum.

Since writing the previous paragraph I picked up two evening papers at random, and here are the headings found on the first page of each:

First paper:

Briggs (a convicted murderer) Wins Fight for Life.

Girl of 15 Wedded to Man of 40.

Plunge on Fitz to Knock Out O'Brien.

Jury Finds Hummel Guilty.

Eight Jurors Chosen to Try the Packers.

Big Ferry Docks Burn.

Investigation of Board's Treasurer.

Racing Results.

Guilty of Looting Bank.

Rebate Investigation.

(Second and third pages were even worse than first page).

Second paper:

Madman Kills Sheriff.

Sluggers V. of C. Catchers of Dogs.

Pleads for Sister, Wins Court's Mercy.

Slush Bands Abuse Office.

Shows in Court How Killing Was Done.

Racing News.

Takes Poison in Jail Cell.

Prefers Noose to Life Term.

Two Die in Railway Riot.

(The second and third pages of this paper, with "Two Wives; Loves Both," "Ends Life," "Asks Divorce from Rich Englishman," "Collapse Kills Two," "Robbers Kill Him," "Corey Divorce Case," etc., are equally as bad as the corresponding pages of the first paper.)

There is not a single helpful or uplifting thought in the three leading pages of either of the newspapers before me. Yet it is sensational stuff of this nature that is thrust into the hands of the masses to be read, morning, noon and evening. Is it any wonder that murders, suicides, robbery, hold-ups, divorce, etc., are increasing alarmingly? Thought takes form in action, and since the mind of the public is filled with thoughts that trash of this nature is bound to produce, is it any wonder that the newspaper reporters have to work overtime to keep up with the criminal records of even a single day?

It is not many years since a murder was almost a ten days' horror, and divorce was considered a life-long disgrace. Today murders and divorces are of such common occurrence that we scarcely give them a passing thought, unless they are exceptionally revolting or racy. This means that, as a nation, we are putting less value on human life than formerly, and murder does not seem so terrible to the average man; while the present generation is so accustomed to reading of divorces that the marriage ties are treated lightly and infidelity is acknowledged without shame. The result of this dulling of the finer sensibilities to right and wrong is seen in the frightful increase in murders, in the appalling number of applications for divorce, and in the granting of divorce on the slightest pretext.

But immorality and criminality are not the only curses that are being fostered and spread by the daily papers. The hideous descriptions of diseased conditions, which are pictured in the advertisements of patent medicines and quack doctors, are making thousands of drug fiends, and drunkards, creating widespread physical suffering and driving thousands of young men and young women to the asylum or turning them into recluses. This is not an idle statement, for I am basing it on the evidence of thousands of sufferers who have written to me or have come or been brought to me for personal consultation or treatment.

Every thoughtful reader of this magazine and every student of the law of suggestion know that thinking of disease and diseased conditions will produce sickness; just as correct suggestions or correct auto-suggestions, by promoting right living and right thinking, can cure disease,

The student of suggestion can prevent himself from being influenced by these injurious suggestions, at least in a measure, but even he, in common with the masses, has his finer sensibilities dulled, owing to the sheer preponderance of depraved thought which finds open expression at every hand and influences everyone, more or less, who comes into contact with it.

That these assertions are true cannot be denied. The nation is overwhelmed by an avalanche of slush and filth and crime which the daily press rolls out in ever-increasing volume, but the remedy is not easily foretold, and I don't believe I have a remedy to offer at the present moment. However, it is high time that the thoughtful men and women of this nation were aroused to the seriousness of the situation and some definite plan of action taken to curb this monster, which is abroad in the land.

If yellow fever threatens to enter the portals of this country or gains admission, the matter is taken in hand by state and federal authorities till the scourge is stamped out. If smallpox breaks out in a community, the local authorities isolate the sufferers, and go so far as to defile the sanctity of the healthy human body by enforcing that medieval crime and superstition—compulsory vaccination.

Active steps are being taken all over the country to control and stamp out the white plague, consumption, but all the ravages of these diseases and the ravages of a dozen other plagues combined are as nothing when compared with the mental, moral and physical diseases that are eating into the vitals and ethics of this nation under the fostering, festering cloak of yellow journalism, and yet the state and federal authorities have done nothing to date to check this most vicious of all the scourges that have threatened the health and morals of the nation. I do not mean by this to accuse the authorities of willful neglect of duty. They are simply ignorant of the operations of the Law of Suggestion and of the evils that can follow repeated suggestions of crime, immorality and disease.

I do not believe that the proprietors of our great daily newspapers are wilfully endeavoring to bring disaster to the nation. Many of them are expert students and practitioners of "commercial suggestion," but probably they have never given a thought to the effect of suggestion in creating or relieving mental or physical ailments, nor to the influence their papers exert over the health, morals and ethics of their readers.

An appeal to the editors of newspapers might assist a little, but no editor is willing to have the circulation of his paper cut down, for, 'tis sad to relate, but 'tis true that the more a newspaper appeals to the depraved in life the greater its circulation becomes. Consequently this remedy would be impracticable unless every editor could be influenced.

The state or federal authorities, when aroused to the danger that confronts the public, might see fit to exercise a censorship, but this would be interfering with the freedom of the press. However, the government has already waged warfare on the dime novel, the evil influence of which, even in its worst form, is not to be compared with the evil influence of the daily press of the present time. The daily paper of today is infinitely worse than the dime novel.

The postoffice authorities, in many instances, have cut off the mailing privileges of individuals and treated them as criminals for circulating scientific books through the mails; the postoffice authorities claiming the books were obscene because they contained, in plain English, some plain instruction on vital social and sexual questions. Yet the daily papers, which teem with vicious stories, veiled suggestions of obscenity, advertisements of criminal abortionists and fraudulent seers, grave-making drug fiend cure-alls, and the insane asylum kindergarten for "weak men," are given every privilege for sending their vile contents through the mails to every city, town, village and farm in this country, at the rate of one cent per pound—second-class postage—in which class of mail matter Uncle Sam loses millions of dollars every year.

The postoffice authorities could assist in bringing about the remedy; but will they? DARE THEY?

I said before, I have no remedy to suggest at present. I merely want to call attention to the plague that is rife among us in the hope that, eventually, when it is thoroughly recognized in all its hideousness, some practical remedy may be devised to blot it out. Meanwhile I should like to receive for publication some expressions of opinion on the subject from the readers of SUGGESTION, some of whom may have practical suggestions for a remedy.

The circulation of SUGGESTION is 20,000 per month, and it is safe to assume that every copy, on an average, is read by five people. This makes 100,000 people who will read this article. These 100,000 people might refuse to permit a newspaper containing yellow news and injurious advertisements to enter their homes, but this

would have very little effect on the total circulation of the offending newspapers. But if each reader of this magazine will call the attention of his friends to the newspaper plague, and if these friends, in turn, will call the attention of others to the danger, a movement for legitimate, clean, helpful family newspapers will have been started and will continue steadily to increase in strength and influence.

The beginning of a movement of this kind is well within the province of the field of work covered by SUGGESTION. For eight years this magazine has been telling how to use suggestion to improve the mind and the body. It has awakened tens of thousands of people to the fact that they have a mind, and has endeavored, in its modest way, to tell the people how the mind can be used to promote health, happiness and success for the individual. And now that this force we have been studying is being unconsciously or unwittingly used to corrupt the morals and injure the minds and bodies of millions, I believe SUGGESTION has a greater field of action and a greater mission to perform than we could possibly have foreseen when its first number appeared.

The statements I have made regarding the influence of the press are not exaggerated in the slightest. Think the matter over a little from the viewpoint of the student of suggestion and you will recognize more clearly the havoc that is being wrought by the press, and, as you give the subject more and more thought, the full horror of the situation will dawn upon you and stimulate you to action.

How many of my readers will join with me in a crusade for better, cleaner and more helpful newspapers? Perhaps you think our efforts would be futile. Well, let us see. But, meanwhile, let me have your opinion, and don't miss an opportunity to point out the ravages of the newspaper plague to your friends and acquaintances. Give them an insight into the operations of the law of suggestion. Tell them to read SUGGESTION, so they can watch the crusade and render assistance. We require numbers, and every addition to the SUGGESTION family means five new crusaders.

About eight years ago SUGGESTION began advocating the drinking of water as an essential to health, and pointed out the fact that the "life essentials" consist of air, water and food, and that health depends almost entirely on the proper use of these essentials. Today the advantages of water drinking are being taught in medical journals and health magazines of every description, and hundreds of thousands

of people are now paying attention to the quantity of liquids they drink per day, and the term "life essentials" is now in fairly general use, although it was used in this magazine for the first time in the sense in which it is now so commonly used. Consequently, I am encouraged to believe that a crusade of the nature I suggest, even with so small a beginning, will have a positive influence upon the daily press within a few years; especially if more people can be brought to see the advantages to be gained by studying the law of suggestion and its relation to health, happiness and success.

In subsequent articles I will attempt to show that, through the operations of the law of mental suggestion, the daily press is assisting in promoting vice, crime, drunkenness, drug habits, debauchery, immorality, graft, etc.; that it is spreading unhappiness and discontent; that it abets and encourages extravagance, gambling and riotous living; that through the mental pictures created by descriptions of fraud, embezzlement, robbery, cruelty, etc., it exercises a pernicious influence over the minds of young persons and that the endless array of evil suggestions under the guise of "items of news" (?) are stilling the conscience, destroying ideals, dulling the sensibilities and blunting the finer feelings of the nation and blighting its coming generations.

Let me have some practical suggestions from you, please.



NATURAL laws, which are the angels of the Most High, and obey His mandates, are rolling on the time when the "child shall die a hundred years old" (Isaiah lxxv.: 20), when sickness shall fade from the world and with it the sins of the soul. Then men shall stand up with no sickness in the body and no taint of sin in the soul. My hope for the human race is bright as the morning star, for a glory is coming to man such as the most inspiring tongues of prophets and of poets have never been able to describe.

—EMERSON.

Kindness

BY CORA MAXON KNOX, DES MOINES, IOWA.

Written for SUGGESTION.

*SO many Gods, so many creeds;
So many ways that wind and wind;
While just the art of being kind
Is all the sad world needs.*
—Ella Wheeler Wilcox.

LET thy soul, like a beacon light,
Shine out with a radiance fair;
And in the lives that thou may'st meet
Drop a mesage of kindness there.

A message of love to cheerless hearts,
Where kindness is seldom known;
A message of hope to those bowed down
With burdens so hard to own.

O life, what precious seeds thou hast
To scatter with such delight!
Seeds of kindness, like lovely stars,
That brighten earth's darkest night.

Be thou kind! and the kindness
That all around thee lies,
Will rise in all its glory
To greet thee in Paradise.

In every plan of required action, a careful study and observation of the lives of other men and their experiences has taught me that the essentials of success are everywhere the same—that they are within us—and they consist in preparation, in labor and in patience.—*Dr. Chas. Hoffman, Still College of Osteopathy.*

* * *

The first requisite for competent thinking is attentive and accurate observation.—*Annie Besant.*

Do the Spirits of the Dead Return

ARRANGED FOR SUGGESTION BY ISAAC KAUFMAN FUNK, LL.D.

(Author, Publisher and Clergyman. Founder of the Literary Digest, Editor-in-Chief Standard Dictionary. Famous as an Impartial Investigator of Psychic Phenomena.)

STATEMENT BY DR. FUNK.

After much and careful investigation, covering a number of years, I think I am within bounds in saying that nine-tenths of what passes as psychic phenomena is fraudulent.

Of the remaining one-tenth, coincidence, telepathy and clairvoyance would explain some.

Many famous scientists, after years of investigation, join with Prof. William James, the able psychologist, of Harvard, in the conclusion that the spirit hypothesis is the easier explanation of a large part of this remainder of psychic phenomena.

The dogmatism of science is as severely and mechanically logical as the dogmatism of theology.

Famous discoverers of heretofore unknown forces have always been ridiculed.

When Edison's phonograph was exhibited before the French Academy, the member Bouilland rushed upon the exhibitor, seizing him by the collar and shouting, "Wretch, we are not to be made dupes of by a ventriloquist."

We should never forget, in all of our psychic investigations, that we may be as badly fooled by believing too little as by believing too much.

Late discoveries make it easily believable that by far the greater part of this earth is beyond the reach of our physical senses. The X-ray, wireless telegraph, radium, suggest a world of energy not hitherto dreamed of.

the scriptures the presumption should be in favor of such communication and not against it. The Bible certainly teaches us that spirits do

I do not say that spirit communion with us through our physical senses actually takes place. What I do say is that it is not inherently absurd that it does take place. And I maintain that to those who believe communicate with men.

LAST November Dr. Isaac K. Funk, author of "The Widow's Mite" and other psychic phenomena, editor of the Standard Dictionary, and member of the well known firm of Funk & Wagnalls, New York, addressed the Presbyterian Ministers' Association of New York on the subject of "Psychic Phenomena."

The doctor said he did not regard spiritualism as proved, nor did he believe Mrs. Pepper a fraud, regarding her as having more of the capacity for the manifestation of psychic phenomena than any other person he had ever met, but he was not prepared to attempt to give any final explanation of this manifestation.

NINE-TENTHS FRAUDULENT.

"After much and careful investigation, covering a number of years, I think I am within bounds in saying that nine-tenths of what pass as psychic phenomena are fraudulent. Of the remaining one-tenth, coincidence would explain some; some telepathy and clairvoyance would explain.

"It is the remainder of this one-tenth," he said, "that gives pause to such men as Professor Charles Richet, Camille Flammarion, Sir William Crooks, Alfred Russell Wallace, Premier Balfour, Professors James of Harvard and Hyslop of Columbia."

The doctor also remarked concerning fraudulent mediums:

"Again and again in my investigations in the semi-dark I have seen a strong man greet a womanly ghostlike form and arm in arm lead her around the circle, introducing her as his departed wife. Afterward, in at least one instance, I have had the confederate confess to me that she had personated the ghost; but no manner of proof on my part was sufficient to disillusionize that husband.

"An otherwise level-headed business man, a friend of mine in Chicago, I have seen greet a form as that of his deceased mother. I have seen him embrace and kiss her—this when I knew that the woman was a common, vulgar confederate of the medium. And afterward I had her confession written out and signed by her, with many incidental but conclusive proofs, and this I gave to the man. But the only result was a threat to prosecute this confederate if she did not desist from libeling the dead."

In the course of the paper read by the doctor he narrated three cases of psychic phenomena which undoubtedly happened, as narrated. Dr. Funk has furnished the editors of *SUGGESTION* with an account of these cases, which are given below. It may be added that Dr. Funk is one of the best known investigators of psychic phenomena in the United States.

TYPICAL CASE NO. 1.

A WELL-KNOWN gentleman in this city, a man whose veracity would be questioned by no one who knows him, and would be questioned by none of you were I permitted to give his name, a physician of standing, and also an editor and publisher of reputation, gives me his word of honor as to the truth of the following personal experience:

He was alone in Florida when attacked with paralysis. The attack was of such a nature that he knew, as a physician, that he was dying, and as previous symptoms told that he would die in this way, he did not wish to alarm anyone by calling assistance. Believing death was inevitable, he went to bed, determined to watch as a medical expert the approach of death. The paralysis gradually crept from his feet to his body, and finally he became unconscious; but then suddenly again he was thoroughly conscious, and felt himself wholly free from pain. He wondered if this was death. He thought of a friend whom he had long known, a thousand miles distant. In a few moments he was in the presence of this friend at his home, saw the members of the family assembled and noted what they said and what they were doing. He spoke to them, but could not attract their attention, when suddenly his friend's eyes were riveted on him and he cried in astonishment:

"Why, Doctor, are you here? I thought you were in Florida," and he stepped forward to greet him. Quoting the Doctor's narrative to me, "I felt myself repelled at his approach." The Doctor then related a number of strange experiences through which he passed that night, and that finally he heard a voice distinctly say to him:

"You can remain here now, if you so wish, or, if you feel that your work is undone on the earth, you can return to the earth. This *you* must decide for yourself."

After much reasoning and hesitation he concluded that his work on earth was not done, and then immediately found himself in his bed-chamber looking at his corpse lying on the bed which to his experienced eyes was that of a body from which the spirit had passed. "By a supreme effort of my will," he says, "I re-entered my body and found that the sun was up and the whole night had passed since I had become unconscious."

"A dream," but listen! "That morning," continues the Doctor, I wrote to my distant friend and told him what I had seen in his house and what I had heard him and the various members of his family do and say. That same morning that friend wrote me a letter, telling me that he had had a strange experience the night before, that he had seen me in his room as clearly as he had ever seen me before, and that in astonishment he said to me, 'Why, Doctor, are you here? I thought you were in Florida'; and he wrote, 'As I approached you to grasp you by the hand, you disappeared. I greatly fear some misfortune has happened to you.'" These two letters crossed. By after-correspondence the Doctor found that what he saw and heard in his friend's home that evening were actual facts.

Now, there is no question whatever in my mind as to the truth of this narrative. How is it to be explained except on the hypothesis that the spirit can exist independent of the body, and can at times make itself manifest to the physical sense of another in a form like it was known to occupy when in the flesh. A sufficiently large number of verified cases of this kind would scientifically make certain that we have also spiritual bodies of which our physical bodies are but the coarser shadows, and that each ego has the power, when both the physical and the spiritual conditions are favorable, to crystallize material atoms about it, each ego in accordance with its pattern and each in harmony with some law of crystallization not now recognized by science.

TYPICAL CASE NO. 2.

A GENTLEMAN connected with the University of Chicago, sent me a small envelope which he said contained a question to a deceased friend; he would not give me the name of the friend nor let me know the question, so that neither would be in the possession of my mind, and thus telepathy or mind-reading would be excluded. He requested that I give the letter to a certain well-known

psychic and see if she could give answer. I took the letter to this psychic's home. However, before going to her house, I put sealing wax on the flap of the envelope, and stamped it with a seal of Colonial times, the only seal, quite likely, of that design in existence. The envelope I placed on a table where I could see it. I took a seat alongside of the table at which this medium stood. The second letter picked up by her was this one that I had brought. She said:

"I hear the name—'Mother.' This is a question about pearl—a pearl pin—gold—that has been lost. The question is from a man in the West, and he asks about a gold pin that is lost and wishes to know whether it was stolen. And this Mother speaks of her daughter. She says the pin was not stolen, but lost."

I found afterwards that this envelope had been so marked, with a sensitive copying pencil, that it would blot if wetted, and also the inside of the flap was thus marked. The slightest application of water or of alcohol to see what was written within would have been easily detected. Or, if the letter had been opened it would have appeared.

Returning the letter to my Chicago friend, he wrote me that the question was about a gold pin set with pearls, that had been lost by the daughter of a late friend of his, by the name of"

We are shut up to several explanations of this case:

1. *Guessing, or Coincidence.* Is it not exceedingly unlikely that a guess could have hit upon so strange a name as "———," and could have hit upon a pin with pearls and upon the fact that this pin belonged to a person of this same strange name, the daughter of a mother who was dead, and that it had been stolen or lost, and that a western friend had written to me about it? "A conceivable coincidence?" Yes, about as conceivable as that the Iliad would result somewhere and some time in eternity from the flying type from the explosion of a type foundry.

2. *Clairvoyance.* The objection to this explanation is that the facts were not written in the letter and were not in my mind.

3. *Spirits.* But if spirit, what spirits? If it is true that we are surrounded by unseen intelligences, good, bad and indifferent, and that these intelligences have the power of clairvoyance and telepathy, how can we know whether the one that gave the name ——— was really the mother of this daughter and was not some lying spirit intelligence? I do not pretend to give an explanation of the case that is satisfactory to me or that will explain. I content myself with saying that facts like these justify a most careful investigation by trained experts—that the time is passed for pooh-poohing at them.

SUGGESTION

A MAGAZINE OF THE NEW PSYCHOLOGY

PUBLISHED MONTHLY AT 409 DREXEL BOULEVARD, CHICAGO, ILL.

ENTERED AT the Chicago, Ill., Post-Office as Second-Class Matter.
 SUBSCRIPTION PRICE: In the United States, except the city of Chicago, \$1.00; Mexico, Cuba, Canada and Island possessions of United States, \$1.00; in the city of Chicago, \$1.25; foreign, except as noted above (six shillings), \$1.50.
 SUBSCRIPTIONS must commence with the current issue.

HERBERT A. PARKYN, M. D., C. M.,
 Editor.

ELMER ELLSWORTH CAREY,
 Associate and Manager.

* * * SUGGESTION is a popular home review, devoted to the scientific discussion of psycho-therapy, the new psychology, suggestive therapeutics, psychic research, natural healing, rational hygiene, advanced thought, and allied subjects.

* * * IT IS THE aim of the editor to find a basis of fact on which to ground all theories regarding metaphysical and psychical processes, and to account for all occult phenomena on purely scientific lines.

* * * SUGGESTION teaches that health is within the reach of all; that there is but one disease with a thousand symptoms; that right thinking and right living will always produce harmony in the bodily functions, the result being health; and that drugs are not necessary, and that nature cures.

* * * EVERY subscriber to this magazine is formally notified when his subscription expires, and a renewal remittance should be made promptly. Unless a renewal order is received this magazine will be discontinued. If you wish to preserve copies of SUGGESTION in regular order, do not fail to send in your renewal promptly. It is not necessary to send the subscription price at the same time, but we must have your written order for renewal.

* * * TO MY SUBSCRIBERS: The date of the expiration of your subscription appears on the wrapper. You are cordially invited to renew your subscription. I do not want to lose any members of the SUGGESTION family; if a dollar is not at hand, mail us a postal asking that the magazine be continued—forward the subscription price when convenient. Why not send us the name of a friend or two who might be interested in our magazine?—EDITOR.

* * * PLEASE NOTE: Address all communications to SUGGESTION Publishing Company, and make all remittances payable to this company.

* * *

PLACE yourself in the middle of the stream of power and wisdom which flows into you as life, place yourself in the full centre of that flood, then you are without effort impelled to truth, to right, and a perfect contentment.—*Emerson.*

* * *

TO indulge in repinings over our own deficiencies, compared with others, while it indicates the baleful presence of envy, prevents our making the best use of such endowments as we have.—*Lydia Maria Child.*

EDITORIAL

A Few Thinkers

HERE is a letter that came to the SUGGESTION office the other day:
Highwood, Ill.

The Editor, 4020 Drexel Boulevard, Chicago, Ill.

Dear Sir: I enclose herewith a list of names of thinkers who are interested in "Personal Magnetism" and rational hygiene, etc. I am a regular reader of SUGGESTION. I like it very much and purchase it at a neighboring town.

The magazine is getting more interesting, more helpful and deals with the truth. I am,

Very truly yours,

WILLIAM H. JACOBSON.

With this letter was a list of thirty-one names.

Mr. Jacobson said they were "thinkers." I wish every reader of this paragraph would pause a moment and consider. Suppose you, kind reader, and every other reader of SUGGESTION would send me—not thirty-one names or even twenty-one or even eleven—I wish you all would send me but ONE name. Of course, two or three could be sent as easily as one.

Do you know what I would do? I would send each of these names a sample copy of SUGGESTION and a note stating how I came by their name and I would ask the friend if they would not like to become subscribers to SUGGESTION. Probably one-half of them would. This would mean that our subscription list would be doubled. Twice as many readers means a better magazine; it means more influence; more power for good; it means more thinkers—more progress. It would mean more benefit to each reader and subscriber; it would benefit all concerned. Here is one way to do some practical work in the world's work. Many of our readers have done their full duty in this regard, as has our friend Jacobson.

Query: Will you?

H. A. P.

The Scope of Suggestion

D ID our readers ever stop to think of the immense field covered by this magazine? *SUGGESTION* is a journal of the New Psychology for thinkers and it is devoted to the exposition of the basic principles of health, happiness and success. There is an underlying principle or law that runs through every department of human endeavor. It is the *Law of Mental Suggestion*. A knowledge of this law and its ramifications and the various forms under which it appears will help to solve all questions of life and being. Through auto-suggestion the great law plays an important part in every-day life. This is not a lecture on psychology, but I thought it would be edifying to note the vast field which is covered in the various departments of this magazine. If there is any other magazine that offers so much positive practical every-day help to the wayfarer struggling along life's highway. I would like to know of it. If any reader of this notice thinks any magazine is more helpful than *SUGGESTION* I will be glad to print his opinion. We are in harmony with all magazines that are trying to assist in the development of the individual, and month after month we print the names and addresses of the magazines as a matter of information, making no charge for the service.

But I think that the good points of all these magazines will be found in *SUGGESTION* and in addition we try to give a reason for our faith; we seek to find a foundation on which to ground our beliefs.

Here is a list of the various departments that appear in *SUGGESTION* from time to time:

EDITORIAL
EXPERIENCES
HAPPINESS
NATURE CURE
FORUM
THOUGHT POWER
PSYCHIC RESEARCH
HYGIENE
CONTRIBUTORS' DEPARTMENT
DIRECTORY
NOTES AND COMMENTS
ADVANCED THOUGHT
POSTAL CARD SERMONS
BUSINESS PSYCHOLOGY

QUERIES
DIRECTORY
LETTER BOX
PRACTICAL PSYCHOLOGY
MEMORY CULTURE
FOOD PHILOSOPHY
PSYCHOLOGY OF CHILD CULTURE
PRESS WRITERS' DEPARTMENT
BUSINESS TALKS
COMMON SENSE PHILOSOPHY
THIS, THAT AND THE OTHER
EXCHANGE TABLE
SUCCESS
DRUGLESS HEALING

NEWSPAPER PSYCHOLOGY
PRACTICAL HYGIENE
ANIMAL PSYCHOLOGY

NEW THOUGHT FEDERATION
YOUNG PEOPLE'S CORNER

One point more; do you think your friend would care to see a copy of SUGGESTION? Send for a sample copy for him; we will send it to you or we will send it to him direct with your compliments. If you are so fortunate as to have two or three or four thinking friends, send the names of all. I thought that was all, but there is another point—a very important one.

When are you going to send the names?

They will do no good if sent tomorrow for tomorrow never comes; we will be pleased to have you send the names now. And we thank you for your kindness and interest in so doing. E. E. C.

The Art of Thinking

THE most important work that the editors of this magazine can engage in is teaching people how to think; this is the most important thing that anyone can engage in.

When mankind learns to think, all the "evils" of life will disappear.

When everyone knows how to think, there will be no transgression of law and there will be no evil. For evil is only the result of ignorance, and it is not a thing itself.

Today all schools, colleges, churches, etc., are but allies to authority. No attempt is made to secure independent thinking; none is wanted. When a professor thinks aloud for himself he is requested to resign; when any minister thinks for himself he is tried for heresy. In politics when a man thinks for himself he is a "mugwump" or some other disagreeable thing. A physician who thinks for himself is "irregular" and looked upon with grave suspicion. In private life when anyone thinks for himself he is a crank or crazy.

And yet all the progress that has been made or ever will be made is the result of independent thought. Columbus was a heretic, a mugwump, a quack, a crank and very irregular. Old John Brown was a most contumacious crank and the government put him out of the way.

So today the world worships at the shrine of authority. Is it in the books? Is it in the creed? Is it endorsed by the very wise and learned? Is it perfectly regular, proper and respectable? Woe be to it if the answer is not an affirmative one. The world will not tolerate change, variation, difference of opinion or anything not branded with the mark of authority.

Who does your thinking?

You are a Methodist or Baptist because your parents were; you don't know the Baptist creed from the Presbyterian creed, but you are "sound" on doctrine. Is it good Methodist doctrine? Yes; then I am for it.

You are of this party or that party because your father or brother is; you don't know anything about the history of party politics in America; but you vote a straight ticket if it has the right brand at the top. Somebody does your thinking for you; generally some bosses meeting in a back room with a bottle on the table. Millions of Americans march to the polls and vote under the party lash; somebody does their thinking for them; don't wear a tag.

Your butcher and baker and milliner and fashion book and doctor says thus and so you meekly follow with the badge of servitude upon you; you cannot see it but you are lead with a chain; you are bound with custom and habit and circumstance. Mrs. A. has so-and-so, and we ape Mrs. A. Somebody does our thinking; possibly a man milliner in Paris, but we dance when he gives the word.

How can I teach myself to think?

Consider the beliefs of a thousand years ago; how many of them are held today? Practically none. The beliefs that our ancestors warred over, bled over, died over; the beliefs that they held more precious than life—where are they?

And the beliefs that we of today are so ready to defend—where will they be a thousand years to come? Who will talk about Republican or Democrat or Methodist or Baptist a thousand years to come?

How many of our pet ideas will be accepted by the people of A. D. 2906? Practically none. Those good souls will read of our wars and contentions and congresses and theories and speculations with pity. They will see, of course, many things that we cannot see. They will have learned many things that we in our conceit never dream of. And so the world progresses, but held back all the time by the fearful spectre of AUTHORITY.

The ability to doubt at the proper time is possessed by few.

An opinion is not necessarily correct because it is held by a large and reputable number.

* * *

Because a custom has existed for a long time is no reason why it should be continued.

* * *

Don't shy at a new idea.

* * *

Don't use made-to-order opinions.

* * *

Don't believe anything simply because it is sanctioned by AUTHORITY.

* * *

Try to imagine the beliefs that will obtain 500 years in the future.

* * *

Every belief should be held tentatively; be ready to drop it at the proper time; don't wait for some one to pry you loose from it with a crowbar.

* * *

Man is not the end of creation; man is but a stepping stone in the plan of creation; there are intelligences yet to be far superior to man.

* * *

Man in his pride and conceit hath said: I am the keystone of the creative power; I am great; I AM.

* * *

Man is but an instrument through which an intelligence may be made manifest; an animal is but an instrument through which an intelligence may act; and while a human body is a more perfect instrument for life manifestations than the animal body yet there is no reason to suppose that in aeons yet to come a still more perfect body may not be evolved, though which life may manifest itself in way and methods now beyond mortal mind.

* * *

It is perfectly thinkable that somewhere in the universal storehouse of life and mind that there are facts, ideas and thoughts, laws, forces and powers that cannot be conceived by the brain of man as it exists at present.

E. E. C.

Our New Departments

Possibly the SUGGESTION readers have noticed the new departments. There is the *Food Philosophy* department, edited by Eugene Christian, of New York. Mr. Christian is curing people by teaching them how to live correctly, and the New York doctors had him arrested. They tried to make him stop giving advice about eating and drinking; did you ever hear of anything so ridiculous? Of course, the plan failed, and Mr. Christian will go on practicing rational living and natural food.

Then there is the *Business Psychology* department, edited by Professor Mahon, of the Sheldon School of Scientific Salesmanship. This department will tell about the laws of business and how to apply psychologic principles in store and shop. It is worth reading.

There is also a department on *Animal Psychology*. This will be welcomed by thousands who are interested in better treatment for animals. Do you think it is pretty to wear a bird's wing on a hat, when the wing was torn from a screaming bird yet alive? Every feathered ornament represents the life blood of a harmless bird; and often birds are killed and the young birds in the nest are left to die. If you have any thoughts to offer for this department, please send them. *Our Dumb Animals* is an interesting monthly, published at 19 Milk street, Boston, Mass. Send for a sample copy.

And a department that should arouse the interest of every humanitarian and reformer is the department devoted to the *Independent Press Writer*. The aim of the department is to show every earnest thinker how he may find an audience. Would you spread your ideas? Would you tell 500,000 people what you think? Then read this department and you have the way pointed out, without money, and without price.

If every earnest person would become a Press Writer and go to work, spending 2 cents per week for a stamp, we would soon have many reforms instituted. Editors do not take more interest in reform work because of the apathy of the public. An editor likes to print things that the public will read. If you can convince an editor that there is a demand for reforms in all lines, that editor will be glad to assist. Read the department and ponder upon the facts there given.

If an idea occurs to you whereby we can make this department or any department more interesting, why not tell us?

There is another department, *The Forum*, in which the public may discuss any matters that present themselves. All letters should be short and to the point. Omit opening statements, and closing remarks. Jump right into your subject and strike out. You can say considerable in 50, 100 or 200 words. Just try it.

We will have another department for *Favorite Quotations*. In this department will be printed favorite quotations, mottos and sentiments from our readers, together with the names of the friends sending them. It should be very interesting and instructive. Give the name of the author of the quotation whenever known. Please send us a favorite quotation or proverb at once; write it on a postal card with your name and address.

We are always glad to get ideas and material for any of the various departments. Every reader can help edit the magazine; we want the co-operation of all. Why not begin now and send something?

New Psychology Mailing Cards

The SUGGESTION series of New Psychology mailing cards consists of a set of twenty-four cards for mailing, the back being handsomely printed in two colors; each card contains a different motto; the series is numbered from 1 to 24.

The quotations found on the cards are given in another column. These cards may be used as wall mottos, or they may be sent to friends. There is room on each card for a short message, and by using these cards the beautiful sentiments will be carried from state to state, and no one can tell the good that may spring from a few words.

Those who are collecting mailing cards will want a set of these New Psychology cards.

A complete set of these cards will be mailed to anyone who will send us the name and address of one or more persons of intelligence together with ten cents in stamps or silver. The retail price of the twenty-four cards is 50 cents.

Send the name of a thinking person and five two-cent stamps to SUGGESTION, 4020 Drexel boulevard, Chicago.

Use the blank coupons given in the advertising section.

Notes and Comments

IN the December, 1905, issue of the magazine appears a list of a large number of hygienic, metaphysical, occult and advanced thought magazines, with a brief statement of the platform of each; those in search of advanced thought literature are referred to the December issue.

* * *

An abridged list of advanced thought and progressive publications appears in this issue; if you know of a publication that should be represented, kindly send information to this office.

* * *

This magazine is published monthly at 4020 Drexel Boulevard, Chicago, by the SUGGESTION PUBLISHING COMPANY. Please address all communications to the company.

* * *

The reading matter for this magazine goes to the printer forty days before the date of publication. Correspondents should remember this. SUGGESTION is on sale at all first class news stands in the United States and Canada by the 20th of the month preceding date of publication.

* * *

The editor will thank anyone for information regarding news stands where SUGGESTION is not kept on sale. Every newsdealer can sell SUGGESTION and return unsold copies; foreign agencies wanted.

* * *

Hereafter the book Auto-Suggestion will be furnished to new or old subscribers at 25 cents when ordered in connection with the magazine. The price of the book is 75 cents when ordered singly. Over 6,000 copies of this book have been furnished in connection with subscriptions during the last few months; it has proven to be a very popular book, and the editors of the United States have spoken very highly of it.

The following notice is from the *Modern Farmer*:

"There is a great deal said in these times about the discovery of new cures for diseases of various kinds, of new methods of treatment, and new drugs which are destined to work wonders, but all of these treatments involve the outlay of money, either for medicine or for professional services, but here is a book which undertakes to teach you how to cure yourself, without money and without price. It is true, that it hints at the possibility of professional aid, but one need not employ this unless he so desires. If we were giving advice on that score, we would say do not do it, but read the book, profit by the advice it gives, and let it go at that. If one is disposed to follow the lead of all the ads he sees, he is destined to fall into the hands of quacks before he stops, no difference on what road he starts. To make too much of the so-called "occult," is to cross the "danger line," and a very dangerous one at that, so profit by this friendly advice of the editor, and do not overdo anything, not even a good thing. With this word of caution, we would be glad if we could lay this book in the lap of every chronic invalid in the land. It might not be the means of helping them all to a cure, but we are sure it would start some of them on the high road to health and happiness. It is true the only medicine it recommends is plenty of fresh air, pure water and good nourishing food, coupled with a firm determination and a boundless hope. You may think that there is not much in these to cure any one, but we can assure you from practical experience that there is more in these things, simple though they may seem, than the world in the past has been wont to believe. "Thy faith has made thee whole," is one way of putting it. Now, do not throw down this paper and say the writer is some kind of an "ist" or "ite," as we said once before. He is not, but he wishes humanity well, and having suffered his share of pains and aches, may help a fellow traveler over the hard places in life. Every sensible man or woman knows, in spite of the cure-alls, that there is only one end to life here, death, but even this may prove more of a blessing than many of us think, if we can only learn to look at life aright. We are sure that "Auto-Suggestion" can do no one any harm, and we feel that it might be the means of doing a great many a deal of good, and for this reason we have given it a place in the review columns of the *Modern Farmer*. Perhaps this is a good place to say that we are not in the habit of noticing every book that comes along in our paper. We must feel that the book will be a help to our readers, or else we cannot afford to take up the space with a discussion of it."

* * *

Dr. Stanley L. Krebs, the editor of the department of Practical Psychology and Psychic Research in this magazine, is writing a very interesting book, *The Law of Suggestion*. This book will be ready about March 1. Those who wish a copy should enclose 25 cents additional with their subscription—new or old. Every reader of SUGGESTION will want a copy of this book.

* * *

We have on hand an interesting article by Prof. Carl Young, entitled "Psycho-Physics of Tone," which will appear in due season. The editors might also state that there are a number of articles, communications, poems, etc., etc., awaiting publication. If we printed all these articles in one number it would require a volume of 1,000 pages. Correspondents will bear with us and remember that the editor's pathway is not always paved with roses.

DEPARTMENT OF PSYCHIC RESEARCH AND PRACTICAL PSYCHOLOGY

By DR. STANLEY L. KREBS, Greensburg, Pa.

MATTER intended for this Department should be addressed to Dr. Krebs, at above address; manuscript cannot be returned; matter accepted cannot be published in any specific issue; persons having had experience in psychic matters are invited to communicate with Dr. Krebs.

THIS DEPARTMENT will be a regular feature of SUGGESTION, and will contain much material never before published. Dr. Krebs is interested with such scientists and investigators as Professor James H. Hyslop, Dr. R. Hodgson, Professor William James, Professor Elmer Gates, etc. He is one of the recognized authorities in this field of research. Correspondents residing in the east may address him at The Laboratory of Psychology, Chevy Chase Circle, Washington, D. C., of which he is a director and where much of his work is done.—Editor SUGGESTION.

Utility of Telepathy

A Continuation of the Study of Spontaneous Cases.

IN this article we shall glance once more at nature and observe her at work in her mystic mental laboratory, producing phenomena which will not only confirm, with cumulative effect, the great fact of the spontaneous occurrence of thought-transference, but will also answer the question which has so frequently been asked and generally put in this form: Granting that telepathy is a fact in nature and a force in human nature, of what use is it? What good can it do? What service can it render? What practical function can it possibly perform in the everyday social, economic and civic relations of life? To this question theorizing offers no answer; but actual

CASES

from the interior workshop of nature do bring us information, and in no uncertain tones. (I number these cases consecutively with others given in previous articles, for future reference. Cases 11 to 14 have never been published before).

11. **STOLEN PROPERTY RECOVERED.**—All names in this narrative have been changed, to prevent any embarrassment in the families of the boys, or others connected with the incident. One day, in spring, a prominent principal of a city public school carried with her to school a light spring jacket, in which she had placed her reserve purse containing three gold pieces—two two-and-a-half pieces and one

one-dollar piece. When she returned home and opened the purse three or four days afterwards, to her dismay she found it empty. She instantly remembered the occasion when she had placed the purse in her jacket pocket nearly a week before, but did not recall the fact of taking the jacket to school with her on that one morning.

"I reported the loss," she says (and I take her own statement here, in detail, as a beautiful example of how telepathic and associative mental processes mingle and co-operate in actual experience). "I reported the loss to Mrs. Grant, my landlady. We canvassed the situation and finally decided that circumstantial evidence pointed to a new domestic, whose newly acquired possessions in the line of dress awakened our suspicions. Mrs. Grant readily learned from her the places where these dress goods had been bought. She visited these stores, inquiring as to size of bills and unusual pieces of money received, but without securing any light on our problem. Sunday night Mr. and Mrs. Grant and I, after reviewing all the facts we had, came to the conclusion that the money had gone most mysteriously; nevertheless, I myself at no time felt it was a hopeless case. I went up to my room that night and sat down for a few moments' relaxation before retiring for the night. The room was quiet, but well lighted, and as I leaned back in my chair, with hands folded and eyes closed, I heard mentally as a voice reaches the physical ear, 'Tell Mr. Barr.' (The Barrs were close friends).

"Mr. B. is the chief bookkeeper in a mens' furnishing house, the proprietors of which are well known to me. The voice was so clear that I was startled, but after thinking it over decided to invite Mr. and Mrs. B. to spend the evening with me. To them I rehearsed the circumstances of the case, without, however, making any mention of the strange impression of the voice. When I began to describe the money Mr. B. told me he had taken a two-and-a-half gold piece at the desk on Saturday, and had deposited it with the regular daily deposit. One coin, he said, had attracted his attention because of its unusual size, color and date. On Tuesday morning I went to the bank to see the receiving teller, who also is well known to me. I told him the facts. He smiled and said he thought he had what I was looking for. He, too, had laid the coin aside, because of the same characteristics that had attracted Mr. Barr. I identified the coin by date and some black substance fast in the milling. I saw Mr. Barr that evening as to results of his investigation at the store, and learned that the clerk who took it over the counter received it from several

half-grown boys, to whom he sold a cheap cap and suspenders. He said he would know the boys if he saw them again. Wednesday morning I thought of the matter a great deal during the intervals of school routine. At noon, while eating my dinner, and amid the conversation of a dozen more people, I grew suddenly silent and abstracted, and a moment after, in the same way it had come to me before, I heard mentally these words: 'Shirley & Nevin's grocery store.' I was surprised and startled, but became fascinated with the thought of unraveling the mystery. Immediately I excused myself from the table, refusing the dessert about to be brought on, and went to the store named. Mr. Nevin, the junior member of the firm, said that Mr. Shirley had a gold piece, which he (Mr. Nevin) had received a few days before from a party of boys who had been in the store and bought cakes worth 14 cents with the gold coin. I asked whether he had heard any names mentioned, and he said one of the boys was named Phillip, and then he added, 'I think they were all children that go to the school over on the hill,' indicating the school of which I was principal." (She got the second coin, identifying it to Mr. Shirley's satisfaction, and the mention of Phillip gave her a clue).

"The thought came that the Phillip spoken of might be one of my own pupils, but I could not understand how he could get possession of the money. I had forgotten entirely about my jacket and the purse in it. (She looked over the list and sent word to the teachers to have all the "Phillips" meet her after school). "Just before the gong struck four, I went to a room to find the first boy, Phillip, the one of whom I had thought most persistently, a boy between nine and ten. I looked at him kindly and said, 'Phillip, you will please come into the hall with me,' and though the request was one often made of children, the child's face grew pale, as if he were going to be ill. He came out and began to tremble. I said, 'I want you to come with me to the office.' He put his hand in mine to walk along the hall, and said, 'Oh, Miss Gordon, I did not take it; Oscar took it.' I made no reply just then. I was too puzzled, and yet almost certain I was about realizing the solution of the puzzle, for, strange as it may seem, during the whole transaction the fact that I had taken my light jacket to school that day did not occur to my mind until later, when I learned clearly how the boys had secured possession of the purse, and even then it did not dawn on me at once. When I had Phillip in the office I took a paper and pencil and said, without stopping to reflect that I might be assuming too much, 'Phillip, what

boys were with you when you bought the cakes at Shirley & Nevin's store last week?" and as he at once began to name them, I wrote them down—nine boys, all but one pupils of my school." (She then assembled the boys and got their story. Oscar, the leader, had seen her jacket in the office, and getting himself excused, had climbed in over a deep transom and rifled the purse.)

"During their recital there was no mention made of the one-dollar piece, and finally I asked where they had spent it and was told that they had not seen it, then that they lost it in the leaves, and at this moment another of those strange impressions came to me: I saw the front of a prominent store on the main street of the city and heard mentally, 'Fred Bradford's store,' and without thinking or conscious reasoning I said aloud, 'You spent that at Fred Bradford's store. What did you buy with it?' and the answer came as promptly from Phillip, 'A baseball glove and a mask.' Mr. Barr called at the store later and found the coin. It had been bought by one of the clerks for a pocket piece."

Miss Gordon concludes thus: "The one fact to me strangest of all is that at no time during the search did I recall the fact of having taken the jacket to school. If I had done so I would have looked there for the missing money. I do not have a habit of forgetting such things, and the only solution I have is that the jacket was one worn the previous summer, and as the first warm days of early spring came, I had taken it out to wear in place of the customary heavy winter wrap, and had not needed it again after that day."

(Signed)

MARTHA A. S. GORDON.

THIS CASE of Miss Gordon's is strong, and, I may add, beautiful, in that the circumstances of it absolutely eliminate the subliminal memory as a possible explanation, and leave telepathy, pure and simple and direct as the practical working force, by means of which she was gradually led to the discovery of stolen property. The case also beautifully illustrates the great laws of telepathy, as we shall see when we come to examine that subject.

12. A THIEF APPREHENDED.—Mrs. Sarah Tyson Roser narrated to a little company in her Mt. Gretna cottage the story of how she tracked a thief through the detective telepathy of a dream. In the city of L—, at the hotel her jewels were stolen. Detectives were employed, but failed to ferret out any clue. One night she dreamed she saw the bell boy creep into her room, open the trunk and make off with the jewels. The boy was arrested, confessed, and a portion

of the stolen property was recovered. The boy had not been thought of or suspected previous to the dream.

13. SCIENTIFIC RESEARCH PROMOTED.—Mrs. Roser also gives another dream of hers, the dream of a Turk standing by her bedside, who held in his hand a bow with a peculiarly wrought diamond in the center of it, which was the exact missing link that Prof. Cushing, the noted American archeologist, could not find or remember in his effort to classify a specimen of American archeology, on which he had been working and about which he had been worried for some time. At the time of the dream he was sleeping in the adjacent room in Mrs. Roser's cottage at Mt. Gretna, Chautauqua.

14. PEACE AND COMFORT SECURED.—Mrs. X. of Lancaster, Pa., had the unfortunate habit of worrying a great deal about the safety of her husband, a merchant of that city, whenever he made his regular business pilgrimages to New York to restock his store, and failed to return on the train intended. She would then beg her niece to find out if any accident had happened him. This niece would retire to a darkened room and there pass into trance or clairvoyant state, in which the whereabouts and condition of Mr. X. were faithfully revealed to her. This was done frequently and by means of it comforted Mrs. X., whose love for her husband was very tender and beautiful.

15. GUIDANCE IN RELIGIOUS WORK.—Ian Maclaren (Rev. John Watson), author of "Beside the Bonnie Briar Bush," in his recent book, *The Cure of Souls*, says: "Sometimes the pastor receives a sudden impulse to go to a certain house, and whether it came to him in his room or on the street, he obeys it with all possible speed. On the way he will sometimes reproach himself because he may be going on a needless errand, and he will be abashed on the doorstep because he has no excuse for calling. He needs none, as it appears, for he discovers in nine cases out of ten that he is needed in that house, and that his arrival is considered a providence. Telepathy is not a dream nor an imposture; it is a fact within the body of Christ, whose members suffer one with another, through the Risen Head, who suffers with us all."

Dr. Watson describes in detail the circumstances of several striking instances among the many of his own personal experiences in this pastoral and loving telepathy. Instead of scorning and killing their inner impulses, instead of scoffing at this intuitive monitor, he welcomes and develops them as a legitimate but wonderful segment of human nature.

Space alone forbids a full description of other historic instances; how Agassiz classified a fossil he had worked on a long time; how Mrs. Charles Spurgeon attracted the gift of an opal ring and a piping bullfinch; how Captain Yount, as Dr. Horace Bushnell tells us, saved a company of people from perishing in midwinter in the Carson Valley Park; how a young merchant friend of his, as Bishop Samuel Fallows relates, was warned in a dream that his beloved wife had been burned alive, and actually saved her, etc., etc., all brought about by supernormal faculty, i. e., by telepathy and clairvoyance.

16. PREMONITIONS constitute a further and a striking argument for the utility of telepathy in all the walks of life. But this subject, of premonition, deep, inspiring, uplifting, a subject in which the writer is specially interested, will constitute several chapters by itself. Let the reader at this point simply remember my statement that much good and direct guidance in the practical affairs of life has resulted from presentiments when obeyed by the subject who received them. There are three great avenues to consciousness which enable the student to distinguish between false premonitions and the true ones, all of which will be fully discussed when we take up the subject of premonitions in its logical place. Did space permit and the patience of the reader I could multiply cases of spontaneous and useful telepathy by the score; yes, by the hundred.

Suffice it to say here, in conclusion, that telepathy, being a vital and natural, though mysterious activity of the human mind, must find its vital function and its natural place wherever minds are found and wherever minds are at work. In short, telepathy is as useful in as multiform ways as human lives and interests are multiform.

IT seems almost cant to affirm: "It is noble to serve, if one serves nobly," for the experienced know that he commands best who knows how to serve best. It all depends upon the spirit with which you serve. *It is a sin to be too humble.* If you believe you are inferior and oppressed you unite yourself with a great tide of oppression. You become a depressor, a destroyer of energy, and it is your privilege to be a stimulator, a creator of energy. Can you not see if you are a negative, self-abasing man or woman you deny the power of God in you?—*Dorothy Quigly.*

BUSINESS PSYCHOLOGY

EDITED BY PROF. P. J. MAHON, FACULTY SHELDON SCHOOL
CHICAGO

THIS DEPARTMENT is devoted to the application of the principles of Psychology to the practical affairs of business; it will be especially valuable to young men and women entering upon a business career; stenographers, clerks, salesmen, managers, merchants, etc., will find here timely articles on the science of business salesmanship. All communications and questions for this department should be addressed to the editor, Prof. Mahon, 1002 Republic Building, Chicago.

A Working Hint

WHAT is it we want psychology to do for us? As business men we have no time to waste. We are not dwelling on these pages "just for fun." We know that the themes discussed in them are all about the mind and its laws and workings. That is the same as to say, they are about thought and *thinking*. Thought is the movement or life of the mind. Without thought we could not conceive of any such thing as mind.

In the same way you are yourself one entity with your thought. As the distich runs:

If you do not think, you do not do;
If you have no thought it is not you.

There is exactly what tells us our need. Thought being the action of mind and hence the spring of all other human action, we come hither to ask this science to teach us how to think. We have a big job ahead of us to win success and shall need our forces of every kind. To know how to think—how to think right—is thus the chief aim of our quest in psychology.

It seems odd that we should want any help of this kind. We have really had lots of practice of our own. We have been thinking all our lives from early childhood. In fact, thought is our real life and as it was said by the ancient sage: "I am the sum total of all I have ever thought." When you grasp this awful truth in your own case you will see what a boon it is to learn just how to think. At this very moment, or any moment, you are simply the product of all your past thought. It has builded you and shaped you to just what you are in spirit, mind and body alike. The influences that have either nourished or tarnished your soul have all operated by means of thought. Your intellect is naught else but the stored-up thought

of your life, acquired or generated. Your body has been stamped in form and feature by the thoughts you have harbored most—the life you have led. And the building of all three goes ever on, on, on—for strength or weakness, for triumph or failure, for weal or woe.

Yet in face of this vital alternative we can see at once by psychology that most of our thought is lost by "scatteration." In the course of any given day we do very little real thinking. We get into ruts of action and our thought becomes a mere habit-force instead of being used as a grand creative energy. Ask yourself, for instance, how often or how long in the course of a day you think with intensity on the matter before you! How very little you employ your mind on lines of growth or initiative!

Now, where shall we get results, either in business or anything else, if the bulk of our daily thought is trivial, unplanned or desultory? Isn't this the sheerest waste of our own and only ammunition of power?

What is the remedy? It is very simple in outline if we will only use it and follow it up. We must learn to sit down and think out our daily program and then to concentrate successively on each and every part of it. That means work and progress both. It stands for concentration, wholesale and retail. And as it is said by A. F. Sheldon, in his *Business Philosophy*:

"The wisdom of all ages has plainly set its seal on the value of Concentration. If you want to win out in anything you must keep your eye and thought steadily fixed on the goal. It is as true in a game of checkers as in the making of a million dollars. It is as needful in studying a lesson as in mastering a whole science. For any success whatever, you must focus all your energies on the matter in hand. To apply the motto of Goethe: '*Wo du bist, sei alles*'—Wherever thou art, be all there; be right in it." P. J. M.

HIGH, healthful, pure thinking can be encouraged, promoted, and strengthened. Its current can be turned upon grand ideals until it forms a habit and wears a channel. By means of such discipline the mental horizon can be flooded with the sunshine of beauty, wholeness and harmony. To inaugurate pure and lofty thinking may at first seem difficult, even almost mechanical, but perseverance will at length render it easy, then pleasant, and finally delightful.—*Henry Wood.*

 * INDEPENDENT *
 * Press Writers Association *

THIS DEPARTMENT is for those who are endeavoring to arouse public opinion on matters of importance pertaining to the social, industrial, intellectual and political progress of the world by writing letters to the public press. Such persons are known as "Press Writers," and they are engaged in the laudable undertaking of teaching the masses to think.

In this department will appear matter of interest to press writers, and communications are solicited.

Letters from the People

RECENTLY a request was made in this magazine for the names of papers that maintained a regular department for letters from the people. It was desired to encourage thinking people to contribute articles dealing with all questions of progress and reform. If thinking people would use the means at their command the abuse of our national, civic and social life would soon be remedied. A preacher reaches a few hundred persons every week. The humblest citizen that can write plain English and who has a thought can reach an audience of from 50,000 to 500,000 by writing a letter to some newspaper. There are probably fifty large dailies in this country that will print letters from the public; suppose you had the names of these fifty dailies; suppose every week you wrote a short article—say 200 words—calling attention to some matter of interest; suppose you mailed one letter a week; you would reach in the course of a year over a million readers; your message would appeal to a million souls. No preacher, or orator or missionary in a dozen lifetimes would reach this number of hearers. Now, if you have aspirations to do good and to make the world better here is a chance.

Write a short note for the press; tell your story briefly, earnestly, and the editor will print it.

Notice which paper maintains a letter department and send word to this office. We will print the names from month to month for the benefit of independent press writers. We will try to establish an Independent Press Writers' Association and assist in teaching people to think. Now stop complaining about the evil times, and do something to awaken your brothers. Let us act and stop talking. Talk is cheap but it costs 2 cents to reach thousands of newspaper

readers. If you wouldn't spend 2 cents to spread your ideas, better drop them.

PAPERS WITH DEPARTMENTS FOR PUBLIC DISCUSSION.

The following papers print short letters from the people and the editors are very liberal; discussions are permitted on many topics which are not endorsed in the editorial pages:

BALTIMORE, MD.	CIRCULATION.
<i>Sun</i>	50,000
<i>American</i>	65,226
<i>Herald</i>	37,500
<i>News</i>	44,432
<i>World</i>	25,879
BOSTON, MASS.	
<i>Traveler</i>	76,432
CHICAGO, ILL.	
<i>Record-Herald</i>	200,000
<i>Daily News</i>	300,000
<i>Examiner</i>	145,000
<i>American</i>	20,000
<i>Journal</i>	50,000
<i>Evening Post</i>	31,000
<i>Suggestion</i>	20,000
CAMDEN, N. J.	
<i>Post Telegram</i>	5,748
CLEVELAND, O.	
<i>Railway Trainmen's Journal</i>	55,000
DETROIT, MICH.	
<i>Evening News</i>	97,008
HOUSTON, TEX.	
<i>Texas World</i>	2,000
JOHNSTOWN, PA.	
<i>Democrat</i>	6,825
LITITZ, PA.	
<i>Express</i>	2,000
LINCOLN, NEB.	
<i>Independent</i>	
MOLINE, ILL.	
<i>Practical Age</i>	2,000
MATTOON, ILL.	
<i>Commercial</i>	2,100
MILWAUKEE, WIS.	
<i>News</i>	21,443
NASHVILLE, TENN.	
<i>American</i>	17,032
<i>Banner</i>	18,389
NEW YORK CITY, N. Y.	
<i>Globe</i>	3,500
<i>Sun</i>	110,000
<i>Times</i>	110,000
PHILADELPHIA, PA.	
<i>Bulletin</i>	144,375
<i>Public Ledger</i>	85,000
PITTSBURG, PA.	
<i>Labor World</i>	15,000
PROVIDENCE, R. I.	
<i>Sunday Journal</i>	19,133
<i>The State</i>	
RUTLAND, VT.	
<i>Union Signal</i>	

ROCKLAND, MASS.	
<i>Independent</i>	
ROCKLAND, ME.	
<i>Opinion</i>	2,251
ST. LOUIS, MO.	
<i>Post-Dispatch</i>	118,956
SPRINGFIELD, MASS.	
<i>Republican</i>	15,461
ST. ALBANS, VT.	
<i>Messenger</i>	2,500

THE UNITED STATES PRESS WRITERS' LEAGUE.

At a called meeting of the Maryland members of the American Press Writers' Association it was decided that an organization of this kind could not be made efficient except under a dues paying system. This led to the formation of the United States Press Writers' League.

Board of Trustees: John F. Clark, Dr. William N. Hill, James E. Blady, Thomas O. Clark, Henry Scharffetter, Levin T. Jones. Levin T. Jones, secretary-treasurer, 202 West Barre street, Baltimore, Md.

All who write letters to the press are invited to join this organization. The dues are fifty cents a year, payable in advance.

Applicants for membership are considered pledged to forward the papers containing letters of members—and replies thereto—to the writers thereof, and to furnish the secretary needful knowledge concerning the politics and liberality of their local press. State your theme.

LIST OF MEMBERS U. S. P. W. L.

- 1—Beattie, J. B., 2485 Monroe street, Chicago, Ill.
- 3—Clark, John F., Station E, Baltimore, Md.
- 4—Clark, Thomas O., 502 Pennsylvania avenue, Baltimore, Md.
- 19—Clarke, M. N., 83 N. Franklin street, Wilkes-Barre, Pa.
- 5—Ettinger, C. N., 2430 N. Paulina street, Chicago, Ill.
- 6—Freeland, A., Mount Pleasant, Tenn. Nashville.
- 2—Griffith, Edward, Roxbury, Boston, Mass.
- 7—Hill, Dr. William N., 2239 Druid Hill avenue, Baltimore, Md.
- 8—Hingst, Miss A. E., 119 E. Fifteenth street, York City.
- 9—Jones, A. C., 137 W. Sixty-third street, New York City.
- 10—Jones, Levin T., 202 W. Barre street, Baltimore, Md.
- 11—Hoden, Charles G., 724 Hollywood avenue, Chicago, Ill.
- 12—Rowland, H. W., 2428 Madison avenue, Baltimore, Md.
- 13—Scharffetter, Henry, 215 Milton avenue, Baltimore, Md.
- 14—Triggs, Prof. Oscar L., 355 Dearborn street, Chicago, Ill.
- 15—Van Riper, Dr. Esther B., Circleville, O.
- 16—Wangemann, A., 2720 Ridge avenue, Chicago, Ill.
- 17—Wheeler, George B., 2323 Dearborn street, Chicago, Ill.
- 18—Whitcomb, C. D., 184 Henry street, Detroit, Mich.

THE most truly successful, the most powerful and valuable life, then, is the life that is first founded upon this great, immutable law of love and service, and that then becomes supremely self-centered—supremely self-centered that it may become all the more supremely unself-centered; in other words, the life that looks well to self, that there may be the ever greater self, in order that there may be the ever greater service.—*Ralph Waldo Trine.*

ANIMAL PSYCHOLOGY

IN this department will be published occasionally articles, clippings, contributions, etc., regarding psychic powers in the animal kingdom. Any one interested in animals is requested to send data for this department. Newspaper clippings narrating instances of intelligence, reasoning powers, devotion, etc., in animals will be gladly received.

I would not enter on my list of friends,
Though graced with polished manners and fine sense,
Yet wanting sensibility, the man
Who needlessly sets foot upon a worm.

—Cowper.

Our Humane Society

Why can't the SUGGESTION readers have a Humane Society Department in some corner of this magazine? Why not send items, clippings and notes bearing on the subject of kindness to all animals created? Why not let us try to teach the idea that all life is one and that life of animals is just as sacred as the life of a person? Who can set the line between animals and mankind? And who gave man the right to take a life he cannot give? Let us all think about these matters and spread the doctrine of universal kindness.

Have Animals Souls

There have recently appeared many articles in the daily press dealing with the immortality of animals and a number of well-known clergymen have expressed their belief that animals have souls. The recent experience of H. Rider Haggard, who had a curious experience in connection with the death of a favorite dog, will be recalled. Mr. Haggard had a vivid dream or vision telepathic impression in which he saw the death struggle of the dog, and in a few days the dream was found to be correct.

Detailed accounts were published at the time in the English and American papers.

SENATOR VEST'S TRIBUTE TO A DOG.

"Gentlemen of the Jury: The best friend a man has in the world may turn against him and become his enemy. His son or daughter that he has reared with loving care may prove ungrateful. Those who are nearest and dearest to us, those whom we trust with our happiness and our good name, may become traitors to their faith. The money that a man has he may lose. It flies away from him, perhaps, when he needs it most. A man's reputation may be sacrificed in a moment of ill-considered action. The people who are prone to fall on their knees to do us honor when success is with us may be the first to throw the stone of malice when failure settles its cloud upon our heads. The one absolutely unselfish friend that man can have in this selfish world, the one that never deserts him, the one that never proves ungrateful or treacherous, is his dog. A man's dog stands by him in prosperity and poverty, in health and in sickness. He will sleep on the cold ground where the wintry winds blow, and the snow drives fiercely, if only he may be near his master's side. He will kiss the hand that has no food to offer; he will lick the wounds and sores that come in encounter with the roughness of the world. He guards the sleep of his pauper master as if he were a prince. When all other friends desert he remains. When riches take wings and reputation falls to pieces, he is as constant in his love as the sun in its journeys through the heavens.

"If fortune drives the master forth an outcast in the world, friendless and homeless, the faithful dog asks no higher privilege than that of accompanying him, to guard against danger, to fight against his enemies. And when the last scene of all comes, and death takes the master in its embrace, and his body is laid away in the cold ground, no matter if all other friends pursue their way, there by the graveside will the noble dog be found, his head between his paws, his eyes sad, but open in alert watchfulness, faithful and true, even in death."

Then Vest sat down. He had spoken in a low voice, without any gesture. He made no reference to the evidence or the merits of the case. When he finished, judge and jury were wiping their eyes. The jury returned a verdict in favor of the plaintiff for \$500. He had sued for \$200.—*Selected.*

DOG DIES OF BROKEN HEART.

WOULD NOT LEAVE HIS MASTER AFTER DEATH OF THE LATTER.

"The speech made by the late Senator Vest at the trial of a dog case some years ago brings to my mind a case in which the faithfulness, loyalty and love of a dog for his master was strongly and pathetically portrayed," said a treasury official to a writer in Fuel at a dinner one night last week. "A man whom I had known from childhood and who occupied first place in my friendship was taken ill and after months of long suffering died. His death was a blow from which I shall never entirely recover, and it is just this one thing above all others that poor old Dick, my friend's dog, and I held in common.

"During my friend's illness I called at his home on my way to the office, and as soon as the working hours were over I was at his bedside again. Always I found Dick there, looking up in his master's face with his big, sad eyes. I patted the faithful fellow and told him it was all right, that his master was going to get well. He would wag his tail and lick my hand in reply. There he stayed and nothing could induce him to remain away very long. Night and day he lay there at the foot of the bed keeping a faithful watch.

"Finally the end came. I am a strong man, but I went to pieces. The sight of that poor dumb brute would have torn a heart of iron, for no human being could have suffered more. During the preparations for putting the body

in the coffin they were forced to carry the dog out of the house and tie him. But it was not for long. Dick broke his rope and quietly sneaked into the house and again took up his watch, but this time under the coffin, and there he stayed, snapping at all who approached his master's body. When the pallbearers were about to remove the casket it was I who saved the undertaker's life. It almost seemed that at last the strain had broken and the poor dog's growls, which were more like groans, told his story. His attack upon the pallbearers was violent and for a moment I feared the animal had gone mad, but the poor fellow was crazed with grief. I approached him and in the same manner as during his master's illness, patted him and said it would be 'all right.' In this way I succeeded in getting him out of the house, but this scar on my hand bears evidence of the struggle I had in doing so.

"When I reached the street the first thing my eye rested upon was the dog Dick under the hearse and there he remained in a dull, sullen way, walking along until the grave was reached.

"At the grave he was in a fighting mood no longer. He seemed to understand in his mute way that it must happen. After the burial I coaxed and begged him to come back with me, but to no purpose, so I left him there, where he died a few days later."

A Rabbi Says Animals Reason

STATEMENT by Dr. Emil G. Hirsch of Chicago:
Does a dog have a mind?
Can it reason—think?

Is it intelligent, as man is intelligent?

Has the dog an immortal soul, as man has an immortal soul?

"Yes," said Dr. Emil G. Hirsch, rabbi of Sinai Temple Israel, "I see no reason why we should not believe that animals have minds, can think and reason and are immortal, if we believe that men are immortal. Both man and the lower animals are products of evolution."

SUPPORTS PROFESSOR HOWISON.

In these words the Jewish minister and thinker came to the support of Professor George H. Howison, head of the department of philosophy of the University of California, who startled his class in ethics by the declaration that animals reflect and reason, and that it must be admitted that every living thing is immortal if man is immortal.

Suppose there is a cat that wants to get to a dish of cream on a high shelf. It is far out of her reach, but she jumps on a chair, thence to a table, thence to a nearby cupboard, and at last reaches the cream.

How did the cat know she could reach the cream in this way?

Did she simply follow the promptings of blind INSTINCT, as the old philosophy teaches?

Or did she THINK it over—REASON it out?

Dr. Hirsch believes with Professor Howison that the cat reasoned and thought the problem out.

"Why not?" he asked in response to a question. "The cat has a brain, the same as a man. The cat is a product of the same evolution as man. Science teaches, and we know, that there is no radical, fundamental difference between the brain of the cat and the brain of a man.

MAN ALSO AN ANIMAL.

"Man is simply the highest of animals—not a creature set apart to lord it over other living things with faculties entirely different from them.

"You cannot logically deny to an animal the same power of thinking and reasoning that a man has. To be sure, it is very elementary, simple, one might say primitive, reasoning—much like the mental processes of a savage. But it is reasoning.

"As to the cat having a soul, that is merely a matter of one's own belief. I am quite ready to confess my ignorance in this matter, and say that I don't know anything about souls. Science knows nothing about souls.

"But if one believes that man has a soul, then he logically must believe that a cat has a soul.

AS TO CAT'S BRAINS.

"What kind of a brain does the cat have?"

"How can one tell? That is a matter for physiology. One might readily believe that some cats have more highly developed brains than others—more gray matter, more convolutions in the brain surface, more nerve fibers.

"You know intellectual power is a matter of wrinkles in the brain. The more wrinkles in the brain surface, the more brain power a man has. So, I suppose, with cats, it becomes a question of 'How many wrinkles has the cat in its brain?'

IT'S WRINKLES THAT COUNT.

"A dog is more intelligent than a pig because its brain is more wrinkled. A man's brain is more wrinkled than a dog's, and the brain of a great philosopher seems to be nothing but wrinkles. It's the wrinkles in the brain that think."

"Well, if animals have souls and reasoning powers, then must you not carry the idea to its logical conclusion, and grant that worms and bugs—and even germs and microbes—have souls and are immortal?" Dr. Hirsch was asked.

"That does not seem any more absurd than that man should develop from a worm. Everything is a miracle, if you stop to think.

Certainly, if you say man has a soul, you cannot deny souls to worms and microbes.

"Indeed, there seems to be a strong undercurrent of scientific thought that there is more life than we think—that our old classification of animate and inanimate matter is wrong. You know the Hindoos—a certain school of them—believe that everything is alive—the brick under our feet, the chair in which we sit, the water we drink—everything, in short, and that there is really no such thing as death.

"The experiments of Ramsay with steel bars are in point. He put the bars in great machines that slowly tore than in two.

"Sometimes he stopped the machines just as the bars were breaking and he made the interesting discovery that the steel had hardened—hardened and toughened—at the point of rupture.

STEEL OBEYED THE LAW.

"What does that prove? Why, it goes to show that the steel hardened itself to preserve its existence, doesn't it? Some scientists think so. They declare that the steel obeyed the 'first law of nature,' that is, the law of self-preservation. In other words, that the steel tried to defend itself, protect itself, against being torn apart.

"One thing is certain; that the steel adjusted internal conditions to the external conditions.

"That is what living things do, and this constant readjustment of internal conditions to external conditions is what constitutes LIFE ITSELF.

LIVING AND DEAD TESTS.

"If anything adjusts its own self to the conditions around it, we say that it is a living thing. If it does not so adjust itself, we say that it is an inanimate thing.

"So, then, a good many scientists regard this experiment with the steel bars as PROOF THAT THE STEEL BARS WERE ALIVE."

"Do you think the steel was alive? If it were alive, does it reason? If it reasons, does it have immortality?"

"You are getting too deep. We get into the real of guesswork when we discuss such things. I know nothing about it, and am content to know nothing about it."

THE first business of the philosopher is to part with self-conceit.—*Epictetus*.

PSYCHOLOGY OF CHILDHOOD

Children the Most Precious Product of the Age

Luther Burbank, the California man who originates new kinds of flowers and plants and fruit, at a recent gathering in San Francisco, made the following statement:

"Did you ever think what is the most pliable and the most precious product of all the ages? It is not pigs, mules, books or locomotives, cotton or corn—but children. Children cannot be treated alike. Each has his or her special individuality which is the most valuable of all endowments. If all were alike no progress could be made and right here comes the weakest point in the present educational system. If we hope for any improvement of the human race we much begin with the child, as the child responds more readily to environment than any creature in existence.

"We in America form a nation with the bloods of half the people of the world within our veins. We are more crossed than any other nation in the history of the world and here we meet the same results that are always seen in a much crossed race of plants; all the worst as well as all the best qualities of each are brought out in their fullest intensity, and right here is where selective environment counts. All the necessary has been done and now comes the work of elimination, the work of refining, until we shall get an ultimate product that will be the finest human race which has ever been known. Many years will pass before the finished work is attained, but it is sure to come. The color, the perfume, the size and form that are placed in plants will have their analogies in the composite, the American of the future."

Quotation sent by Helen B. W. Smith: I love these little people, and it is not a slight thing when they, who are so fresh from God, love us.—Dickens.

WRITE it in your heart that every day is the best day in the year. No man has learned anything rightly until he knows that every day is doomsday.—*Emerson.*

Thought Power

IN THIS department from time to time will be given well-certified instances of the effects of suggestion in producing health or disease. The mind can influence the body for good or ill, and the far reaching effects of psychic force are marvelous to those who have not studied the Law of Suggestion. Short articles, communications or clippings are solicited for this department.

Below will be found some paragraphs that should be read by all who believe in the power of drugs, or charms, or holy shrines, or Christian Science, or absent treatment. If you have a friend who is a Christian Scientist let him read the first selection.

And those who think that thought is not a positive dynamic force capable of producing even death should read the second communication taken from the *Medical World*, a standard magazine advocating the use of drugs. If suggestion can cause death, why may it not bring health and life when properly used? Why may the powers of thought not be efficacious in the bringing of health, happiness and success?

How To Cure Hay Fever

The American Practitioner and News reports Dr. Guestt as telling in a recent discussion before the Louisville (Ky.) Medical and Surgical Society this instance to illustrate how large a part psychology might play in disease:

"I have a brother-in-law who suffers every summer with hay fever. He has a relative who believes in Christian Science. She told him that she felt positive that she could direct him to a woman, a Christian Scientist, who could cure him. He at first objected, because he hated to go to a woman physician. He arranged, however, to communicate with her daily by letter. When his hay fever broke out he suffered with it all that day and night, and the next morning wrote her a note telling her to put him on treatment immediately. When he returned that night he was improved and slept better. He wrote his second note next morning and was much encouraged. The third day he repeated his letter writing and stated that the symptoms had almost ceased. And he was gushing me about being cured by Christian Science when regular physicians could do nothing for him. The night of the third day, when he came home to supper, he found a note from the Christian Scientist, stating that she had been in the country and would put him under treatment the next day. Realizing that all his treatment had been only in his imagination, the symptoms reappeared with the same intensity as before.—Now.

***** ** H A P P I N E S S ** *****

S. M. MYERS, Blue Island, Ill.: Doing our duty will bring true happiness.

T. H. MUSICK: Happiness is the absence of anxiety.

ANNIE LILLIAN SWETT, Cedar Rapids, Ia.: Happiness is the state of mind which is the opposite of sorrow. Some people say that happiness is something that is entirely in one's self, that one has the power to be happy regardless of the world generally, but it is not so. Happiness is a mental state that one enjoys only when he is in harmony with the world, when he has all the necessities and is at peace with mankind. One may be happy in certain degree when he lives the ordinary life if there are no irritating influences in his life; but perfect happiness is only possible when one exercises all his faculties in congenial surroundings. Of course, it follows, that the higher one's ideals are, and the finer his sensibilities are, the more happiness he is capable of enjoying under ideal conditions, the more he will enjoy.

M. H. ROGERS, San Francisco, Calif.: To be enthusiastic in the beauty of kind words, good deeds, and all that surrounds us—that is happiness.

J. E. P. CLARK, 1311 Franklin Blvd., Chicago: We conceive virtue to be that all round normal relation which brings forth joy and peace. This normal relation finds birth to the degree that outward condition test and weaken the soul. Adjustment or alignment to the God thought within ensues. Happiness now deepens, now grows. "The Life of the Spirit" through fruit manifold is operative. Life is now manifest as love. Its atmosphere is happiness.

J. WILLIS PERKINS, Wichita, Kansas: There cannot be any real happiness in life amid dissensions and creeds, and the only creed that is of any value is one that all can subscribe to, which is the creed that is not a creed in reality, but is just simple kindness. Every creed is a chain, for this reason, that is ties the mind to one line of thought and thought, that is true thought can know no boundaries, but untrammelled roams through the forest of mysteries.

A. J. HARDER, Editor The Hub, Paha, Wash.: Happiness exists, where ambition is set so high that realization thereof seems an impossibility, yet holds out its every smiling encouragement to the ambitious happy struggler.

THE FIRST session of Dr. Carl Schultz's Naturopathic College will open the third week in February, 1906. The address is 556 South Hope St., Los Angeles, Calif., and any one interested in the Naturopathic (or natural, drugless) system of therapeutics should write to the doctor for information.

DR. H. C. MANARY, Los Angeles, Calif., announces that his new book treating of the following questions is for sale, 80 cents; send order to the author:

- Vital and Mental Science;
- Prehistoric Man and His Food;
- Relation of Food to Character and Disease;
- Etiology of Morbid Mind, Body and Character;
- The Vital Spark of Life and Its Source;
- The Electro-Chemic Principle, How Generated;
- Therapeutic Value of Suggestion and Its Superiority Over Drugs.

Mental suggestions of health, strength, happiness and divine power cannot make a healthy, strong body without the right use of the muscles and the proper amount of nourishing food.—Geo. D. Tripp.

Newspaper Psychology

Unconscious Prophecy

BY CLIFTON S. WADY.

I believe it less infrequent than we imagine—"unconscious prophecy." Are we not frequently permitted mental or spiritual insights of which we are ignorant, or, if called to our attention, we regret the transaction and scoff at other than trivial and apparent application?

Take an example like the following:

"YOU DIE," SHE TRULY SAID.

GIRL BASEBALLIST'S PREDICTION QUICKLY VERIFIED.

Tragedy at the Prospect Park Station Causes the Prophetess to Faint Away.

Chester, Pa., Aug. 23.—Lucien Webster, 23 years old, died today in the Chester Hospital from injuries received at Prospect Park by being crushed between a parlor car and the station platform. Webster was the only male member of the St. Louis Stars, an aggregation of female ball players who have been touring the country. His home is at Campbellville, Ky.

The Stars played yesterday at Prospect Park and Webster had a little tilt with Miss Robinson, the girl who plays at first base. In the excitement she is alleged to have predicted that *he would die in an accident before another day had passed.*

This morning the organization was boarding a parlor car to come to this city and play the Chester club when the accident occurred that resulted in his death a few hours later. Webster was making some repairs to a door on the car, when a freight train backed up against the car and he was crushed between it and the station platform. Most of his ribs were broken.

When Miss Robinson heard of the accident to Webster she remembered what she had said yesterday and fainted.

How did the knowledge, held by this girl interiorly, come to her? For it seems entirely plausible that her remark was based upon some interior feeling of the truth, unconscious though it was. It seems to me that we should "give ear" to the voices and impulses that speak to us, or cause us to speak or to think, and not pooh-pooh them, as so many do and turn away from inspirations or warnings that would materially aid us to valuable conclusions at the least.

"A brilliant intellect in a sickly body is like gold in a spent swimmer's pocket."

YOUNG WOMAN ESCAPES BURIAL ALIVE.

The *Chicago Record-Herald* for Dec. 21, 1905, contained the following special dispatch from New York:

After being dead apparently for three days, placed in a coffin, and with her friends and relatives ready to take a farewell view of the body before it was buried, Viola Anderson, 17 years old, of Elizabeth, N. J., was found to be in a trance today and was revived. The girl escaped being buried alive by a very small margin. The funeral was scheduled to take place today.

A neighbor who is a close friend of the family noticed that the body appeared to be slightly warm, although the girl was supposed to have been dead three days. Finally the family physician was sent for, and after a thorough examination and severe tests he said the girl was only in a trance. After working over her for several hours the doctor managed to revive the young woman and she began to speak. She expressed surprise at not finding herself in heaven and was horrified when told of her narrow escape from an awful fate.

WOULD'ST BE FAIR? JUST THINK IT OVER.

MENTAL INFLUENCE GUARANTEED TO MAKE WOMEN BEAUTIFUL.

New York, Nov. 14.—Now is the time for the woman with the cross eyes, with the twisted nose or with the ears standing at right angles to her head to sit up and look cheerful. Relief is at hand. Mrs. Jeanette Pomeroy, the leader of the beauty cult, which now is stirring London, will arrive in New York shortly. In the treatments there is no need of the surgeon's knife. It is all done by mental influence.—*Chicago American*.

WAKES FROM SLEEP BEGUN MARCH 7.

Syracuse, Nov. 25.—For eight months Miss Florence Ryan of this city slept. Last night she became conscious and she improved all day, being able to converse with the family. She has not been asked anything about her long sleep and does not realize that she has been practically dead for eight months.

On March 7 the girl, who is about twenty years old, sunk into a stupor from which it was impossible to awaken her. Dr. Florence O'Donahue did his best, and prominent physicians were called in consultation, all to no avail.

The cause of the trouble was a fall on the street, which resulted in paralysis. A few days after the fall she exclaimed, "I am so tired," and then went into the sleep from which she could not be aroused.

During the eight months liquid food has been injected, this being the only nourishment taken into the system. The family has been watching night and day for some sign of returning consciousness. Last night her sister, Kathleen Ryan, was reading a newspaper when she was startled by hearing her sister say, "Read me some of the news." These were the first words the girl had spoken for eight months.

Miss Ryan read to her sister, who seemed interested.—*Chicago American*.

JAPANESE WILL DRIVE CIGARETTES FROM JAIL.

ORIENTAL GRADUATE OF YALE ACCOMPLISHES REFORM BY THE POWER OF MENTAL SUGGESTION.

With that fine old word "Banzai" on his lips, a Japanese named Mimosuki will invade the county jail within a few days and try by the power of mental suggestion to make the cigarette habit there commit hari-kari. He so announced last night at a meeting of the Chicago Anti-Cigarette League at the Auditorium Hotel.

The Japanese is a graduate of Yale. While at New Haven, he said last night, he induced many students to cease smoking cigarettes.—*Chicago American*, December 13, 1905.

Contributors' Department

Matter for this department should be short and terse. Don't waste words. Don't send long communications. Boll them down. Open to all.—EDITOR SUGGESTION.

The Development of the Psychic Sense

EVER since reading the article upon the "Sixth Sense," in August SUGGESTION, I have wanted to say a few words. I agree with the writer that we are evolving out of the condition of "instinct" into the "higher state of reason," but do not believe that reason is "The very highest order of life." There is a condition as far above reason as reason is above instinct, and man, in his evolution, is just beginning to see this.

We are taught today to look upon man in his threefold nature; as animal, human and divine. According to the oriental philosophy, the soul in its unfoldment, manifests through different vehicles; on the animal plane, it is the instinctive mind; on the human, the intellect; and on the spiritual plane, the spiritual mind. Through all these phases it must be remembered, it is spirit that manifests.

Through the instinct of the animal, we find the highest expression of spirit on the animal plane; in the animal man we find instinct still ruling, and he is worse than the brute, for intellect which should rule is dominated by the lower nature, and lends itself to what nature demands.

Intellect is a step beyond instinct in the soul's unfoldment; but when man enthrones intellect, and bows down and worships it as his highest, he errs, and is blind to his higher unfoldment. Intellect is the servant of the spiritual mind, and should be guided by it, just as in turn it should dominate and guide instinct. Intellect is a step in advance of instinct, for it enables man to consciously express the infinite.

It does not follow that man, as he evolves from the instinctive to the intellectual plane, must lose his psychic faculties. The sixth sense is a real sense, and there is a special organ in the brain for its use. We must remember the lesson wireless telegraphy is teaching us, and know that messages can be sent and received without visible wires.

But the sixth sense is a physical sense, though man is just awakening to the knowledge of its possession, and to the fact that there is much of his brain that has been as yet unused; and this sense should not be confused with his psychic faculties. The soul of man functions upon other planes than the physical, using the human brain as its instrument.

So let man not stop short with the flowering of the human intellect, and say there is nothing higher than reason. Let reason humbly bow before the divinity within, which is constantly being felt and heard through man's spiritual mind. Let us listen to the "Voice of the Silence" and know that we possess spiritual faculties, that will give to us much knowledge, which it is beyond the power of mere brain-intellect to attain.—MABEL B. GOODE.

* * *

EVA E. CUMMINGS, 58½ Whitehall St., Atlanta, Ga.:

I am here! I cannot tell
From whence I came.
I am passing through life's phase,
I go I know not where,
But this I do declare,
There is ever within me,
Around and about me,
A power which inspires me
With faith that all is well.

By L. O. STARR, Portland, Ore.: I enclose a very helpful poem, "Keep A-Goin'," for SUGGESTION. I do not know the author, but having found it a source of inspiration, I pass it along:

KEEP A-GOIN'.

If you strike a thorn or rose,
Keep a-goin'!
If it hails or if it snows,
Keep a-goin'!
'Tain't no use to sit an' whine
When the fish ain't on your line,
Bait your hook an' keep on tryin'—
Keep a-goin'!

When the weather kills your crops,
Keep a-goin'!
When you tumble from the top,
Keep a-goin'!
'S'pose you're out of every dime?
Gettin' broke ain't no crime,
Tell the world you're feelin' fine.
Keep a-goin'!

When it looks like all is up,
Keep a-goin'!
Drain the sweetness from the cup.
Keep a-goin'!
See the wild birds on the wing,
Hear the bells that sweetly ring,
When you feel like sighin' sing.
Keep a-goin'!

* * *

By A. J. AVERELL, Medford, Ore.:

Now keen to flagellate the meaner self,
For good that might be done?

To choose the ill, and live and do,
And leave undone the good that should be done:
A cross in Life is this, to thee,
And there, thou shalt accursed be!

How keen to flagellate the Better self,
For good that can be done!

Placate the inevitable in the death of self and your life will be sweet and good—your passing well earned.

As the winter solstice of your soul's life is come, the product—sun of the ideal or "Son" of your mentality must needs arise and shine; this is no hardship—the best that is within you will say: "I am well pleased."

* * *

Selections from the "Aphorisms" of HENRY B. TIERNEY:

Ye are gods; therefore, think and act as gods.
Suffering earns us honor because it teaches us to know ourselves.
Be always master of the instant, and the future is yours.
Tac instanter sine mora,
Ore, stude, et labora.

Translation:

Do it now without delay,
Labor, study, also pray.

LIFE'S RESERVE FORCE.

GEORGE SPAULDING GREENE, M. D., Rutland, Vt.

Every humane deed enlarges the soul-force.
 The lungs have always a reserve force for an emergency.
 To give us added strength when our friends are in danger,
 So the soul has a reserve force, but it must first be "called out,"
 Must be summoned for some grand, good purpose—
 Then the mind-field broadens and we see mind-flowers growing
 In the soul's garden that we never dreamed we possessed.
 Every humanitarian deed is one more flower in that garden;
 But, if we use that reserve force for a low, base purpose
 Then all the garden space becomes a barren desert waste,
 And soul-night sets in, the flowers fade, and joy loses her crown.

* * *

ELLEN GOODELL SMITH, Amherst, Mass.: Will someone name the author of the following lines, and oblige a reader of SUGGESTION?

"Do not keep the alabaster boxes of your love and tenderness sealed up until your brothers and sisters are dead. Fill their lives with sweetness. Speak approving, cheering words while their ears can hear them and while their hearts can be thrilled by them; the kind things you mean to say when they are gone, say before they go. The flowers you mean to send for their coffin, send to brighten and sweeten their homes before they leave them.

"If my brothers and sisters have alabaster boxes laid away full of fragrant perfumes of sympathy and affection which they intend to break over my body, I would rather they would bring them out in my weary and troubled hours, and open them, that I may be refreshed and cheered by them while I need them. I would rather have a plain coffin without a flower, funeral without eulogy, than a life without the sweetness of love and sympathy.

"Let us learn to anoint our friends beforehand for their burial. Post mortem kindness does not cheer the burdened spirit—flowers on the coffin cast no fragrance backward over the weary way."

* * *

DR. J. F. P., Logan, Utah:

If health was a thing that money could buy,
 The rich would all live and the poor would die.

* * *

A. F. HILL, 13 Isabella St., Boston, Mass.: "Death Caused by Thought Force," on page 703, in SUGGESTION, December, 1905, can be compared to Acts 5:1-13, and similar power, Acts 13:1-13. Other cases in histories of those times are familiar for me to write about, if you care to compare modern minds with those in other ages, etc.

* * *

IDA VERA SIMONTON, 263 Fortieth St., Pittsburg, Pa.:

Why bleed, oh heart, why bleed?
 Why sigh, oh voice, why sigh?
 Why weep, oh eyes, why become less bright?
 Nor blood, nor sighs, nor tears,
 Yet has changed one little law
 In the realm of the vast Infinite.

The sun shines on, tho' clouds combat;
 Nothing can his 'pointed course stay.
 A lesson learn, oh short-sighted mortal!
 Rebel not against thy Destiny;
 Sit not lonely and in tears;
 Cheerfully take up thy work now.
 Forget self, and in losing self
 Shalt thou find Happiness.

Spirit Photography Again

Editor SUGGESTION: I send you herewith a copy of a document in my possession which is of sterling interest in the psychic field. The lady who makes the statement is a reputable practicing physician of Pasadena, Cal., a graduate from the Buffalo University, at Buffalo, N. Y. She is a lady of refinement, culture, and scrupulous integrity, with a very level headed and practical turn of mind. I thought her striking experience ought to be given to the entire studenthood of psychical research; and, after some weeks of delay I finally got consent for its publication in your magazine.

Yours very cordially,
Pasadena, Cal.

H. A. REID, M. D.

The document referred to by Dr. Reid is as follows:

PASADENA, CAL., Sept. 17, 1905.

Dr. H. A. Reid, President Pasadena Society for Psychical Research:

In reply to your inquiries I make the following statement of facts:

On July 25, 1905, I sat for a picture with Edward Wyllie, the spirit photo medium of wide celebrity, who was then in a tent at the Spiritualist Camp Meeting at Mineral Park, near Los Angeles, Cal. Mr. Wyllie had never seen or known me; did not know my name or where I resided, and hence had no conceivable means of knowing anything about my relatives either living or dead. I made three sittings to Mr. Wyllie's camera. On the first plate there appeared three extra faces. One of them was Miss Marie Walters, who was betrothed to my brother, C. M. McDougall, of West Clarksville, Allegheny county, New York, about fifteen years ago, but died before their marriage. It is a good, distinct likeness of her. The other two faces I do not recognize, but one of them has been represented to me by different mediums as being my grandfather, James McDougall, whom I never saw. The face, however, shows a family resemblance very plainly.

At the second sitting there came five extra faces on the plate. One of them was a clear, good likeness of Dr. Maxon, of Cuba, N. Y., who died in 1891; he was a cousin of my mother. Another one is a perfect likeness of my brother-in-law, J. F. Zimmerman, of West Clarksville, N. Y., who died in August, 1899. Another is Mrs. Irena McDougall, first wife of my brother, C. M. McDougall; she died in June, 1879. Another is a clear, fine picture of George McGibeny, of Phillips Creek, N. Y., who was betrothed to my sister in 1865, but died before their marriage. The fifth spirit face on this plate I do not recognize, and no medium or any one has claimed to know who it is.

At the third sitting three extra faces appeared. Two of them are men whom I do not at all recognize. The third one is the face of my own babe which died many years ago when eight months old.

I was not a spiritualist, and prior to these sittings for spirit photographs I was perfectly skeptical about all such phenomena. But these marvelous results, and some other equally strange incidents which have since occurred, have compelled me to admit that discarnate personalities do exist, and that they can and do sometimes manifest themselves and make proof of their identity and their intelligent interest in the welfare of their friends still in the body.

Respectfully,

MARIA CONGDON, M. D.

REVIEW NOTES

Authors or publishers of books dealing with subjects within the field covered by SUGGESTION are invited to send short review notices (with copy of book) which will be inserted in this department.

Books

I WANTS AND WANTS ME. By K. T. Anderson, author of "Mind Concentration" and "Mind Power." New York: Fowler & Wells Co., 24 East Twenty-second street. Price, 50 cents.

The author of "I Wants and Wants Me" has collected in concise and comprehensive form a number of phrases suitable for particular and individual needs in almost every branch of "Mind Development." These affirmations are intended not only for beginners, who desire to understand their own powers, but also for those who, secure in this knowledge, wish to claim from the source of unfailing supply all things to which they can give the benefit of expression.

The arrangement of the book serves a particular purpose. Various strong lines of thought are described on pages which face the exercises to be used in cultivating them, thus affording the student every facility for grasping as a whole the special quality he is working to obtain.

"I Wants and Wants Me" is the latest exposition of scientific prayer.

The affirmations contained in the work are for Wisdom, Love, Faith, Power, Freedom, Happiness, Health, Beauty, Vitality, Youth, Wealth, Opulence, Success, Aspirations, Friendship and the Affections, Perfection, as well as special affirmations for Rest, for Good, and as an Offshoot of the Divine Mind.

EXTRACTS FROM AFFIRMATIONS:—For Power—I am Power. I admit no limitations. Things must go as I direct. I demand: things come to me at need. I claim all from infinite substance. I can, I will, I do, I dare, I possess. **For Happiness—I am filled with joy.** No anxiety can touch me. All worry has passed away. All is harmony, intense harmony. I am radiating happiness. I am content, all is mine.

HEALTH BUILDING or "Health Without Fads." By Joseph Ralph, author of "Brain Building," etc. New York: Fowler & Wells Co., 24 East Twenty-second street. London: L. N. Fowler & Co., 7 Imperial arcade, Ludgate Circus, E. C. Price, 50 cents.

This little book contains about twenty-four thousand words, and these words are grouped in such a way as to produce one of the most practical "straight-to-the-point" manuals of health instruction that has yet appeared. It does not deal in theory or conjecture, but fairly bristles with clear-cut instructions whereby the "man in the street" may recognize what he must do if he desires to keep his health at par, *why* he must do certain things, and *how* to do them. It is a sort of "appeal-to-reason" little book. In commencing the chapter on Metabolism, the author says: "Health is largely dependent on those processes whereby the food we eat, the liquids we drink, and the air we breathe, are so utilized by the physical organism that there is compensation for the wear and tear continuously experienced," and having made this declaration, proceeds to give the simple, yet vital rules whereby this compensation can be maintained. For instance, but few people realize that most of the ailments so commonly prevalent are due to *auto-intoxication*, i. e., a reabsorption into the system of poisonous toxins which are liberated from the food during combustion. When there is a perfect combustion of

the food which is eaten and an attendant normal elimination, the life essential values from the food are liberated and absorbed and the non-desirable matter is thrown off from the system. It naturally follows that this perfect combustion and elimination is a *sine qua non* in the matter of health building; and it is in such practical matters as these that this book deals. It also gives a table of food values, thereby enabling the reader to understand why it is possible to starve on large quantities of foods or to maintain a splendid measure of strength on a comparative small amount. Practically speaking, this little book contains all of the essential facts of personal hygiene in such a condensed and "boiled down" state, that, if a person really desires health, the laws and principles are outlined whereby it can be attained. The aphorism on the frontispiece indicates the temper of the little treatise in question, which is to the effect: "It may be better to 'wear out' than to 'rust out,' but such an expression is a poor excuse for not using a liberal quantity of the 'oil' of common sense."

The author is somewhat of a philosopher also, for there are several bright dissertative articles on the "Ascribed Virtue of the Drug," "The Microbe Craze" and "The Faddist," etc. Mr. Ralph is a New Thought man to the backbone, however, for, although insisting on such mundane things as eating, drinking and breathing, etc., devotes a very interesting chapter on the relation of the mind to the body and the manner in which the superior quantity can be harnessed so as to generate the full "horsepower" that is within us. There is only one drawback to this little book—it is too cheap.

Contents: Preface. Some Illustrations of Restricted Conceptions: Illustration No. 1, The Drug and Its Ascribed virtue; Illustration No. 2, The Microbe Craze; Illustration No. 3, The Faddist and His Fads. The Power of Mentation on the Body. Metabolism: The Meaning of the Term, and the Principles Involved in Its Harmonious Workings. Liquids: The Part They Act in the Preservation of Health. Breathing: Its Share in the Matter of Health Building. A Prevalent Evil and Its Remedy: The Evil, the Remedy. Conclusion.

SCIENTIFIC BUSINESS LETTER-WRITING. By L. E. Ludwig, Publicity Publishing Co., Chicago.

This is a book that will be read and its contents remembered and profited by. It gives the actual working principles for conducting correspondence in a scientific, business-bringing manner, as in use at the present time by the largest business houses of America. The very fact that it is written by a successful correspondent of many years' experience, and not by some grammarian or theoretical student, makes it of real value to business men who are seeking constantly a better way of handling their correspondence. It is safe to say that the teachings of this book, if applied conscientiously, would increase the value of any firm's correspondence.

MIND TRAINING. Dr. Rocine. Development of Self-Confidence, Memory and Mental Concentration. 225 pp.; cloth. Price, \$2.00. Published by Human Science School, Chicago.

The purpose of this book is development. It is written for those interested in health, in self-confidence training, in memory culture, in development of mental concentration, in personal magnetism, in character building, in soul culture, in success and eternal happiness.

Among the many subjects treated are the following: Secrets of Success; How to Eat for Health and Strength; How to Improve Digestion; Physical Culture Exercises in Your Home; How to Develop Strength of Mind Through Culture; Self-Confidence Training Leading to Self Mastery; Magnetic Culture; Training of Subjective Memory Centers; How to Improve the Memory Center of Time and Dates.

A copy of this book and one year's subscription to SUGGESTION may be had for \$2.50. Send orders to this office, Suggestion Publishing Co., 4020 Drexel boulevard, Chicago.

THE HIGHER SOCIALISM: A Compendium on Social Science; a Triumph from Poverty. This work is prepared in a condensed form, embracing and emphasizing the principles of social science. Published by the author, J. L. Schaefer, Colorado Springs, Colo.

From the introduction is taken the following paragraph: "This work contains special information in a condensed form. The subjects embraced are Social Science, the conquest from poverty. It touches on the economic and scientific relations of mankind to each other, and the relation of man to God, the Supreme Ruler of the Universe. It relates to the spiritual life and harmony that should exist among the people of the earth, and the ideal government of the nations and the world, showing the fallacy of protection and its benefits.

A BOOK EXPLAINING CHIROPRACTIC.

We advise every reader of SUGGESTION, who is interested in chiropractic and mechanical methods of treatment, to send to I. W. Long, London, Ohio, for a copy of Dr. A. P. Davis' book, "Neurology." This work is an attempt to explain clearly just what chiropractic is and how to apply it. Dr. Davis is a Palmer graduate; is also a graduate from American School of Osteopathy. He is author of "Osteopathy Illustrated," a complete work on osteopathy.

We consider this an exceptional opportunity to be able to get a work explaining this method from such a well-known writer and professional man. A friend states that all classes of healers should own this book. He says it deals in absolute certainties—proven problems unknown to the masses, and opens up a field that the world needs to know and which will be eagerly sought for by those interested in the amelioration of human suffering. Send for a copy today.

MENTAL ART; or, the Art of Mind Development. By Samuel George. Showing how character is portrayed by phrenology, physiognomy, palmistry, graphology, psychometry, solar biology and astrology; also how defects can be and have been remedied, and good qualities intensified and increased by the application of the principles of mental science. Price, 1s 6d, net. Power Book Company, Wimbledon, S. W., England.

In the preface the author has the following:

"If you read this book carefully you will find in it something about occult science (which does not appear on the surface) which will interest and instruct you. The author is an ordinary man of the world, who has looked into these things and desired the truth of them. You will find herein simply a manly and truthful interpretation of facts.

"I speak in everyday language as a man to men and women who can think and compare, and ask you to judge the work of what is herein recorded. If it leads you to think and act so that your life is made better socially, intellectually and morally, my aim will have been achieved."

The table of contents is here given: A Remarkable Letter; Are These Subjects Worthy the Name of Sciences? Charlatanism; Do All These New Sciences Give Truthful Descriptions of Character? How to Propagate the Truth; Phrenology; the Science of Reading Character from the Formation of the Head; Physiognomy; the Science of Reading Character from the Formation of the Face and Features; Palmistry; the Science of Reading Character and Events by the Formation of and Lines on the Hand; Graphology; the Science of Reading Character from One's Handwriting; Psychometry; the Science of Reading One's Character, etc., from Any Article Which Has Been in Direct Contact With One's Body, and so Has Absorbed Its Aura; Solar Biology; Mental Science; the Science of Thought and Its Action Upon the Mind, Body and Conditions of the Thinker.



Just up aside our table
Hangs a motto, plain to see;
I think my ma has put it there
A purpose Just for me.

A cause I always wait awhile
When I have things to do
I wait and wish that ~~they were done~~
Things I don't like to do.

My sled is broke, my skates are lost
It aint no fun¹ to play,
All cause I waited Just for once,
To put the things away.

The other boys are havin' fun
It makes me mad. — I vow
If pa will get me some new skates,
I'll 'member — Do it now.

Johnny Slow.

P. S. Pa found my skates.

Eunice Harris.



Business Talks

BY THE MANAGER



100 Per Cent. Profit Annually

ONE thing I like about the Motzorongo Company, whose advertisement appears in this number of SUGGESTION, is that it does not promise absurd profits, such as 100 per cent dividends, annually from the start on the "get-rich-quick" order. The company is over three years old, and its development has been carried on so steadily that it will soon be on a fine dividend paying basis. Dr. Parkyn, the editor of SUGGESTION, has been a director in the company since it was first organized and has spent a great deal of time on the plantation. He has always been enthusiastic over the plantation and its prospects and has watched it grow into a solid business enterprise. The first sugar mill could handle only 100 tons of sugar-cane daily, but nearly \$200,000 additional has been spent during the last year in equipping the sugar plant to handle 750 to 800 tons of cane daily. This means turning out 60 tons of sugar daily.

The efforts of the management have been directed to getting the sugar department into good working order, and now that this has been accomplished other resources will be developed and put on a paying basis. The properties abound in forests of the finest cabinet woods and these are now to be given attention as well as the cattle business.

An excursion party will leave Chicago sometime in February and it is to be hoped that readers who are looking for a solid investment will look into the Motzorongo proposition and endeavor to join the excursion party. Full particulars of the investment and a handsome prospectus containing several scores of photographs taken by our worthy editor will be sent for the asking. Address, The Motzorongo Company, 228 Reaper Block, Chicago, Ill.

E. E. C.

RUPTURE.—DENCE & MERY, Toledo, Ohio, will send upon request literature interesting to those suffering from rupture or hernia.

MOLES AND WARTS can be removed by Electric Paste; see notice in the advertising section.

New Psychology Mailing Cards

The twenty-four New Psychology mailing cards just issued contain the following sentiments:

1.

Build on resolve and not upon regret,
The structure of thy future. Do not grope
Among the shadows of old sins, but let
Thine own soul's light shine on the path of hope
And dissipate the darkness. Waste no tears
Upon the blotted record of lost years,
But turn the leaf and smile, oh, smile to see,
The fair white pages that remain to thee.

—Ella Wheeler Wilcox.

2.

So long as we love we serve. So long as we are loved by others I would almost say that we are indispensable; and no man is useless while he has a friend.—Robert Louis Stevenson.

3.

In one brief word
Go find the secret how
To rule thy destiny—

That word is—Now. —Ella Wheeler Wilcox.

4.

To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable; and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to stars and birds, babes and sages, with open heart; to bear all cheerfully, do all bravely, await occasions, hurry never; in a word, to let the spiritual, unbidden and unconscious, grow up through the commonplace.—William Henry Channing.

5.

The world reserves its big prizes for but one thing and that is initiative. Initiative is doing the right thing without being told. Next to doing the right thing without being told is to do it when you are told once.—Elbert Hubbard.

6.

By a process as constant and immutable as gravitation, the ideal is ever in transmutation into the actual; mind indexes itself in body; thought builds itself into action; and the human imaging faculty erects its own mansion, stately or otherwise, and dwells within.—Henry Wood.

7.

Faith steps out on seeming void,
And finds the solid rock.—Anon.

8.

I expect to pass through this world but once. Any good thing, therefore, that I can do, or any kindness that I can show to any fellow creature, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.—John Wesley.

9.

Build thee more stately mansions,
O my soul!
As the swift seasons roll!
Leave thy low-vaulted past!
Let each new temple, nobler than the last,
Shut thee from heaven with a dome more vast,
Till thou at length art free,
Leaving thine outgrown shell by life's unresting sea.

—Holmes' "The Chambered Nautilus."

10.

Die when I may, I want it said of me by those who know me best, that I always plucked a thistle and planted a flower, where I thought a flower would grow.—Abraham Lincoln.

11.

This, too, shall pass away.

12.

Thought tends to take form in action; you can do any rational thing that you have in mind if you are in earnest; the power of thought is unbounded; the universe is but a thought externalized; man is limited only by his beliefs and desires. "Hitch your wagon to a star," is a wise saying; success is the portion of him who commands it. It has been said, "Man, know thyself," better say, "Man, know thy strength."—From SUGGESTION.

13.

This one thing I do.—*St. Paul.*

14.

Pitch upon that course of life which is most excellent, and custom will render it most delightful.—*Pythagoras.*

15.

I am the master of my fate,
I am the captain of my soul.

—*Henley.*

16.

I believe that no one can harm us but ourselves; that sin is misdirected energy; that there is no devil but fear; and that the Universe is planned for good. I believe in the Now and Here. I believe in You and I believe in a Power that is in ourselves that makes for Righteousness.—*Fra Elbertus.*

17.

As a man thinketh in his heart, so is he.—*Proverbs.*

18.

The highest culture is to speak no ill.—*Ella Wheeler Wilcox.*

19.

Never Strike Sail to a Fear.—*Emerson.*

20.

Men at some time are masters of their fates;

The fault, dear Brutus, lies not in our stars,

But in ourselves that we are underlings. —*Julius Caesar.*

21.

Do it Now.

22.

There is one MIND common to all individual men. Every man is an inlet to the same and to all of the same. He that is once admitted to the right of reason is made a freeman of the whole estate. What Plato has thought he may think; what a saint has felt, he may feel; what at any time has befallen any man, he can understand. Who hath access to this UNIVERSAL MIND is a party to all that is or can be done, for this is the only and sovereign agent.—*Emerson.*

23.

Those love truth best who to themselves are true.

And what they dare to dream of dare to do.

—*Lowell.*

24.

So many gods, so many creeds,

So many ways that wind and wind,

While just the art of being kind

Is all the sad world needs. —*Ella Wheeler Wilcox.*

The set consists of twenty-four cards, printed in two colors, with neat borders. One cent will mail one of the cards and there is room on each for a short message. These cards may be used for wall mottos. Retail price, 50 cents per set.

HOW TO GET A SET FOR 10 CENTS.

Send the name of one thinking person and 10 cents in silver or stamps and a set will be mailed postpaid.

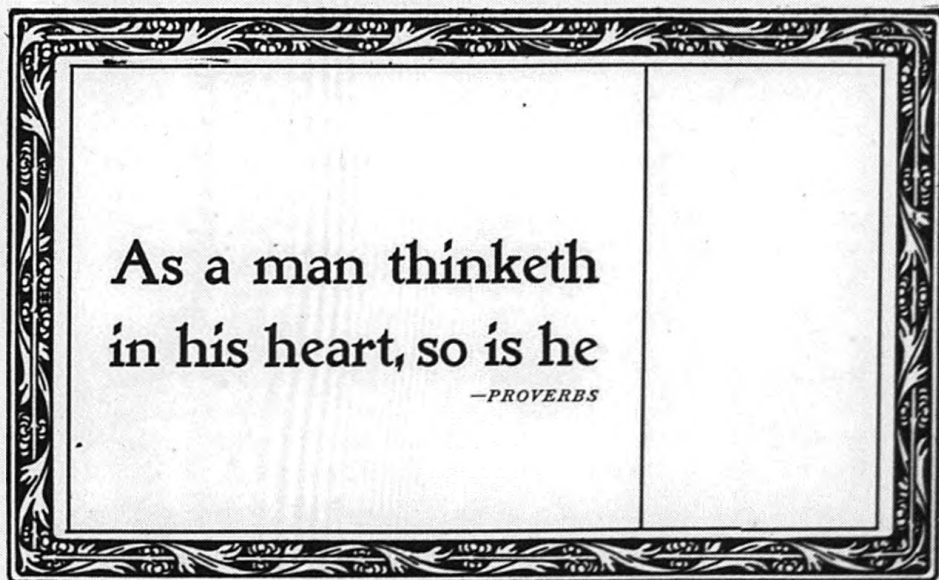
If you know more than one thinker you may send more than one name, but more than one is not necessary.

Send orders to SUGGESTION, 4020 Drexel boulevard, Chicago, Ill.

Use the blank coupons found in the advertising section.

Here is the back of one of the new Psychology Mailing Cards printed in one color:

Twenty-four New Psychology Mottos; No. 17.



Suggestion, a Magazine for Thinkers; 4020 Drexel Blvd., Chicago.

ADVERTISERS will please take notice that the March issue of this magazine goes to press February 1; the April issue goes to press March 1, and so on. SUGGESTION reaches only progressive thinking readers—from 10,000 to 100,000 monthly.

I would not enter on my list of friends,
Though graced with polished manners and fine sense,
Yet wanting sensibility, the man
Who needlessly sets foot upon a worm.

—Cowper.

Bensonizer Treatment for Lung Diseases

THE Bensonizer Company, of St. Louis, is sending out literature regarding a method of treating consumption; the booklet is called *Popular Pneumotherapy, or Treatment of Diseases of the Air Passages by Inhalation*.

The distinctive features of this treatment (which is a drugless treatment) is in the use of a peculiarly constructed vaporizer, called a "Bensonizer," by which filtered air is charged with healing, soothing and antiseptic oils and is conveyed to the lungs under a slight pressure. This is accomplished by a very ingenious and serviceable apparatus, admirably adapted for the purpose for which it is intended. The medicaments used are oil of pine needles, oil of thyme, oil of gaultheria, oil of eucalyptus and hydro carbon oil; the formulas will be given to any physician.

Besides the use of this nebulizer, the treatment calls for strict attention to modern hygienic requirements. The book has chapters on air and ventilation; breathing; diet and digestion; exercise; rest; dopes and doses; skin; bowels; mind and nerves; suggestive therapy; climate, etc.

On the whole the dietetic and hygienic suggestions are in line with the outdoor treatment for consumption now so successfully used; and if the general directions were carefully followed it is not too much to say that they would prove efficacious in many cases of consumption without the inhalation treatment; although in conjunction with the latter a cure would probably be hastened.

That the oils above mentioned when properly volatilized and inhaled will have a soothing, healing and antiseptic action cannot be denied; that they also have a germicidal effect and a therapeutic action, partly physiological and partly psychological (suggestive) is also true. I have not at hand data enough to venture a statement regarding the exact share which the inhalation feature may have in effecting a cure, but that it is an adjuvant that is worth careful consideration is quite evident.

I would certainly recommend that all concerned send to the Bensonizer Company, St. Louis, for their literature; there is nothing in the system of treatment that will be in the least harmful or injurious even to those whose lungs are very sensitive, and the results that have followed the use of the special treatment are extremely gratifying.

E. E. C.

DIRECTORY OF **Advanced Thought, Hygienic and** **Reform Publications**

THEOSOPHICAL.

- THE THEOSOPHICAL GLEANER; Bombay, India.
 THEOSOPHICAL REVIEW; 26 Van Buren street, Chicago; 161 New Bond street, London.
 THE THEOSOPHIST; P. O. Madras, India.
 THEOSOPHICAL QUARTERLY; 159 Warren street, Brooklyn, N. Y.

HYGIENIC.

- VACCINATION; Kokomo, Ind.
 THE LIBERATOR; 1114 Twenty-first avenue, North, Minneapolis, Minn.
 THE SCOTTISH HEALTH REFORMER; Paisley, Scotland.
 THE MAZDAZNAN; Chicago, Ill.
 MEDICAL TALK; Columbus, Ohio.
 SUGGESTION; 4020 Drexel boulevard, Chicago, Ill.
 A STUFFED CLUB; Denver, Colo.
 GOOD HEALTH CLINIC; Syracuse, N. Y.
 THE VEGETARIAN MAGAZINE; 192 Dearborn street, Chicago, Ill.
 THE VEGETARIAN; 34 Memorial Hall, Tarrington street, East Central, London, England.
 HEALTH; 321 Fifth avenue, New York City, N. Y.
 VIM; 500 Fifth avenue, New York City, N. Y.
 PHYSICAL CULTURE; Spotswood, N. J.
 HEALTH CULTURE; 151 West Twenty-third street, New York City, N. Y.
 THE NATUROPATH AND HERALD OF HEALTH; 124 East Fifty-ninth street, New York City, N. Y.
 HEALTH WITHOUT DRUGS; 26 Clovelly Mansions, Gray's Inn Road, London, England.

NEW THOUGHT.

- PRACTICAL IDEAS; 30 Huntington avenue, Boston, Mass.
 NOW; 150 Steiner street, San Francisco, Cal.
 MIND; 14 Henrietta street, Covent Garden, London, England.
 THE NEW THOUGHT JOURNAL AND OCCULT REVIEW; 52b. Station Parade, Harrogate, Yorks, England.
 THE NEW WAY; 1107 E street, Northwest, Washington, D. C.
 THE NEW THOUGHT MAGAZINE; 1170 Caxton building, Chicago, Ill.
 NAUTILUS; Department 17, Holyoke, Mass.

PSYCHOLOGICAL.

- THE BUSINESS PHILOSOPHER; Republic building, Chicago, Ill.
 SUGGESTION; 4020 Drexel boulevard, Chicago.
 THOUGHTS NEW AND OLD; Corner Denny Way and Broadway, Seattle, Wash.
 ELTKA; Corry, Pa.

PSYCHO-THERAPEUTICS.

- SUGGESTION; 4020 Drexel boulevard, Chicago, Ill.
 PSYCHO-THERAPEUTIC JOURNAL; 3 Bayley street, Bedford square, London, E. C., England.
 THOUGHT; 4665 Lake avenue, Chicago.

OCCULT.

- PRIMITIVE OCCULT JOURNAL; Helena, Mont.
 THE OCCULT REVIEW; 164 Aldersgate street, London, E. C., England.
 THE OCCIDENTAL MYSTIC; 6 Cottage Row, San Francisco, Cal.
 THE ADEPT; Markville, Minn.
 THE MYSTIC MAGAZINE; Framingham, Mass.
 THE HARBINGER OF LIGHT; Melbourne, Australia.
 THE ENGLISH MAGAZINE OF MYSTERIES; 15 Tothill street, London, S. W., England.

METAPHYSICAL.

- THE METAPHYSICAL MAGAZINE; 500 Fifth avenue, New York City, N. Y.
 THE LIFE; Kansas City, Mo.
 EXPRESSION; 147 High street, Kingston, W., England.
 THE WISE MAN; 500 Fifth avenue, New York City, N. Y.

PHRENOLOGICAL.

- HUMAN CULTURE; 130 Dearborn street, Chicago, Ill.
 HUMAN NATURE; 1020 Market street, San Francisco, Cal.
 PHRENOLOGICAL JOURNAL; 24 East Twenty-second street, New York.

ADVANCED THOUGHT.

- THE BALANCE; 1700 Welton street, Denver, Colo.
 SOUNDVIEW; Olalla, Wash.
 HERBERT'S MAGAZINE; Hiawatha, Kan.
 FELLOWSHIP; 434 South Hill street, Los Angeles, Cal.
 THE PHILISTINE; East Aurora, N. Y.

DRUGLESS THERAPEUTICS.

- THE AMERICAN JOURNAL OF PROGRESSIVE THERAPEUTICS; Chicago, Ill.

MISCELLANEOUS.

HISTORIC MAGAZINE AND NOTES AND QUERIES; devoted to history, folklore, mathematics, literature, science, art, arcane societies, etc.; Manchester, N. H.

THE CHIROPRACTOR; a monthly journal devoted to the interests of Chiropractic. Published by The Palmer School of Chiropractic, Davenport, Iowa, U. S. A. Dr. D. D. Palmer, discovered and developer of Chiropractic, editor. Subscription, 50 cents a year. (See page "ad" in magazine section.)

INSPIRATION; a magazine of information, inspiration and exhortation; Des Moines, Ia.

THE OCCIDENT; devoted "to the study of soul growth through self-development effected by the intelligent application of the higher laws." Miss L. Frances Estes, Editor; 124 Highland street, Brockton, Mass.

THE ORACLE; exponent of West Gate Philosophy; 50 cents per year; 8 pp.; monthly; Charles H. Mackay, Editor; Brighton, Me.

LUCIFER; a semi-monthly reform magazine of advanced thought; devoted to the emancipation of women; 500 Fulton street, Chicago, Ill.

TOMORROW; a monthly handbook of the changing order for progressive people; Parker H. Sercombe, Editor, 2238 Calumet avenue, Chicago.

THE ARYA; a monthly magazine and review devoted to Aryan Religion, Science, Philosophy, Literature, and Current Topics; 296 Tambu Chetti street, Madras, India.

INGERSOLL MEMORIAL BEACON; a monthly; a non-partisan monthly devoted to Science, Free Thought, Rational Right-Doing, and to Good Government; Ingersoll Beacon Co., Chicago.

OUR DUMB ANIMALS:—Published in behalf of those who cannot speak for themselves.

Every lover of animals should send for a copy and then subscribe; 50 cents per year; special price to teachers and ministers, 25 cents per year; 19 Milk street, Boston, Mass.

THE BALANCE; a 32-page monthly magazine, edited by J. Howard Cashmere; "an exponent of psychic phenomena, monistic philosophy and advanced thought." Fifty cents per year; 1700 Welton streets, Denver, Colo.

This, That and the Other

Works Without Faith

Faith Came After the Works Had Laid the Foundation

A LITTLE widow, a neighbor of mine, persuaded me to try Grape-Nuts when my stomach was so weak that it would not retain food of any other kind," writes a grateful woman, from San Bernardino Co., Cal.

"I had been ill and confined to my bed with fever and nervous prostration for three long months after the birth of my second boy. We were in despair until the little widow's advice brought relief.

"I liked Grape-Nuts food from the beginning, and in an incredibly short time it gave me such strength that I was able to leave my bed and enjoy my three good meals a day. In two months my weight increased from 95 to 113 pounds, my nerves had steadied down and I felt ready for anything. My neighbors were amazed to see me gain so rapidly and still more so when they heard that Grape-Nuts alone had brought the change.

"My 4-year-old boy had eczema, very bad, last spring and lost his appetite entirely, which made him cross and peevish. I put him on a diet of Grape-Nuts, which he relished at once. He improved from the beginning, the eczema disappeared and now he is fat and rosy, with a delightfully soft, clear skin. The Grape-Nuts diet did it. I will willingly answer all inquiries." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

FAITHFUL DOG RIDES ON PASS.

Richmond, Va., Dec. 6.—Johann, an English terrier that has led its blind master, J. F. Cashion, in safety over a large part of the country, has an annual pass made out to him, signed by officials of the Chesapeake & Ohio Railroad. Johann's master said today it was honored on every road in the country with one exception. Johann, moreover, is not thrust into a Jim Crow car when traveling on the pass, but always rides on the plush cushion of a parlor car. He guides his master with faithful tenderness and unerring instinct through the crowded streets of Richmond when they are here, and each winter, when Mr. Cashion goes South, leads the blind man carefully throughout the long journey. Johann sleeps with his master and never loses sight of him.

The Little Widow

A Mighty Good Sort of Neighbor to Have

A BAY STATE belle talks thus about coffee:
"While a coffee drinker I was a sufferer from indigestion and intensely painful nervous headaches, from childhood.

"Seven years ago my health gave out entirely. I grew so weak that the exertion of walking, if only a few feet, made it necessary for me to lie down. My friends thought I was marked for consumption—weak, thin and pale.

"I realized the danger I was in and tried faithfully to get relief from medicines, till, at last, after having employed all kinds of drugs, the doctor acknowledged that he did not believe it was in his power to cure me.

"While in this condition a friend induced me to quit coffee and try Postum Food Coffee, and I did so without the least hope that it would do me any good. I did not like it at first, but when it was properly made I found it was a most delicious and refreshing beverage. I am especially fond of it served at dinner, ice-cold, with cream.

"In a month's time I began to improve and in a few weeks my indigestion ceased to trouble me and headache stopped entirely. I am so perfectly well now that I do not look like the same person, and I have so gained in flesh that I am 15 pounds heavier than ever before.

"This is what Postum has done for me. I still use it and shall always do so." Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

MIMIC BLIND GIRL; SIGHTLESS.

WOMAN WHO TAKES THE PART OF DICKENS' BERTHA HERSELF IS STRICKEN.

Des Moines, Nov. 16.—Mrs. Elizabeth Conger-Heaton, niece of E. H. Conger, former minister to China, who a few nights ago, in a presentation of Dickens' "Cricket on the Hearth" by a local theatrical company, played the part of Bertha, the blind girl, has suddenly become blind. Her interpretation of the part was most natural, and the vividness with which she played the role of the girl in darkness attracted much favorable criticism. Tuesday, while on the streets of the city, she suddenly lost her sight, and physicians express doubt whether she will recover.

FRIGHT KILLS A WOMAN.

Washington, N. J., Nov. 25.—Mrs. George Bowne, aged sixty, was frightened to death in a struggle with a burglar in her home here. She went to the dining room to investigate a noise she had heard and found a man taking her silver from a sideboard. She seized the man, who began to strike her with his fists. Mrs. Bowne's cries aroused her daughter, but both women were beaten off. Mrs. Bowne fell dead to the floor and the burglar escaped.

The Mighty Atom

HERE is not a student in New Thought or Psychology that has not heard of the Mighty Atom. Marie Corelli, the most admired English Writer on this subject, whose books have a larger circulation than any others, whose ideas are so great that few can comprehend how a human mind may be so endowed, has described the Mighty Atom in one of her works. Her description, however, is somewhat sarcastic, as she intended to show the worthlessness of the Atomic theory. Is there no such a thing as a "Mighty Atom"? There must be, for we know that within us is a "cause" that keeps us alive. Supposing then that the theory of a material atom be false, is it not plausible that the theory of the spiritual atom must be true? This is where the Mighty Atom comes in. Do you not wish to be acquainted with this new Mighty Atom? Your past studies, your present efforts and researches are a plain and clear indication that you will not be satisfied until you have grasped the truth of this important question.

In order to give a new and thorough explanation of the Might of the Spiritual Atom, the great European Adepts in occult Science have been approached, the efforts made in the United States by the Students in New Thought, have aroused considerable interest with them, and as a result contributions from the highest French, German and Italian authors have been received. Furthermore, great Students living in the United States who heretofore have kept silent on this subject have come forth and given us such new theories that a surprise and a great satisfaction have been expressed by the readers.

In order to promulgate the truth and present it to the millions of their fellow men, who seek and long for it, these articles have been published in the form of a Magazine entitled the "Mighty Atom," a sample copy of which will be sent free upon application to every student of New Thought.

The expenses attached to this publication have been carefully figured out, and the subscription price made as low as these expenses will permit; it costs only fifty cents per year. You are herewith invited to either become a subscriber, or send for a sample copy.

Address all applications to *The Mighty Atom*, A Building No. 3, Rochester, N. Y. We have a few hundred copies on hand and the first requests will be supplied first.

DO YOU EARN YOUR BREAD?

¶ Have you entered into any of the walks of trade? Have you fixed on your calling or profession for the coming years? Is it law, medicine, engineering—or what?

¶ However this may be, and however well you are qualified, you need one more science for complete success. It is only through the science of business that your other attainments can bear practical fruit. Even a genius might starve if he cannot rightly market his own services. It is Business Science alone that makes you a bread-winner from the very start, or even a good earner while yet engaged in its study.

¶ Some of the ablest public men in our nation's history have paid their way through college by money earned as salesmen. If you are grounded in the science it is easier to do this today than ever it was before.

¶ Perhaps you have not yet learned to view business in this light. If not, it will prove a revelation to you to send for and read the literature of The Sheldon School (1667) The Republic, Chicago. You can't afford to be ignorant of the most striking educational movement of our time. The knowledge may give a new meaning to your life. It stands for true manhood and the earning of "good bread."